VANCOUVER metro®

NEWS WORTH SHARING.

SPROTT SHAW COLLEGE SINCE 1903

RELEVANT SKILLS. MEANINGFUL JOBS.

FALL FIAT FRENZY!

3 Bonus Ballots until October 15th at 8pm

SEE PAGE 16

Stuff that tater, buster!

Baked potatoes are anything but bland when you stuff 'em with chili and cheese PAGE 20

CANADIAN EBOLA VACCINE: HUMAN TESTING BEGINS

VSV-EBOV HAS BEEN PROVEN EFFECTIVE IN PRIMATES PAGE 9

Off the streets and on his feet

Union Gospel Mission.
One man's Homelessness Action Week begins by giving thanks

Aaron Baker felt right at home volunteering at the Union Gospel Mission's annual Thanksgiving dinner on Monday.

And when you've been homeless for six months and sleeping in shelters following a debilitating bout with depression, that's something to be thankful for.

"I can really feel my self-esteem rise," Baker said, taking a break from greeting visitors at the UGM's main location at 601 E. Hastings St. as the organization served 3,000 meals throughout the day. "You're always wondering if you're doing the work you're supposed to be doing in life. I feel closer to that than I ever have before in my entire life."

Thanksgiving marks a transformative time in Baker's life.

The 39-year-old chef is back on his feet, once again gainfully employed, and moving into permanent housing at UGM this week after relying on its shelter and food services since August.

Aaron Baker has gone from being homeless to giving back, by volunteering at the Union Gospel Mission's annual Thanksgiving dinner in six short months. MATT KIELTYKA/METRO

"I was just looking for a meal one night and found out about the men's shelter," said Baker. "I've met really great people who have been willing help me every step of the way. It means everything to me."

And even though his journey off the streets isn't complete yet, it was only fitting he'd be giving a helping hand during the Thanksgiving dinner service.

Baker's transition from street to shelter to home is a success story as the region recognizes Homelessness Action Week until Oct. 18.

But there is still more work to be done.

There were 2,770 people identified as homeless during the region's 2014 homeless count, which was a slight increase over the previous count in 2011 but relatively stable compared to homeless rates in the decade before.

That doesn't include the thousands more who are on the brink, living in poverty and in substandard housing, according to UGM spokesperson Keela Keeping.

"As a city, we've been doing a better job of bringing people indoors. There was a time where there weren't even shelters. That's mostly been resolved," said Keeping. "But sheltering homeless people is not enough. We've not yet progressed to the point where there is enough housing."

Three new developments with 259 units of social housing open in the next few months, and the city has also agreed to house another 157 people in a former hotel at 1335 Howe St. starting in November.

Keeping said governments and service providers can't let up.

"We're at a critical junction where if you don't keep going, we're going to fall right back to where we were."

MATT KIELTYKA/METRO

$300* FOR ONLY $20

SAVE BIG. MORE PAYDAY.

You're pre-approved for UP TO $1500**

The Cash Store

cashstore.ca/300-20

*Offer available to clients who have not obtained a payday loan at The Cash Store in the past 45 days. See in branch for full details.

**Some restrictions apply including, but not limited to, loan amount based on the borrower's net pay. Alberta Licence #326987 BC Licence #50041

RBC Royal Bank

LAST CHANCE!
OFFER ENDS OCTOBER 31ST

Free iPad mini*

when you join RBC® and open a new all-inclusive banking account.

It's a big deal! Join RBC and get a free Apple iPad mini device. And that's not all. You'll also enjoy an RBC all-inclusive banking account, which includes access fee refunds when you use other banks' ATMs†, free *Interac*‡ e-Transfers and so much more! Even joining RBC is fast and hassle-free. ***Act fast! This offer expires October 31st, 2014.***

JOIN RBC TODAY! | **VISIT A BRANCH | 1-866-719-2878 | rbc.com/getipadmini**

* Conditions apply. To get an iPad mini, you must be a new eligible personal client, open one of the eligible personal deposit accounts with RBC Royal Bank during the promotional period, and complete the criteria. Offer is not available to existing clients who had a Personal Banking Deposit Account with RBC Royal Bank before April 14, 2014. Offer available from April 14, 2014 to October 31, 2014 but may be changed, extended or withdrawn at any time without notice. Apple is not a sponsor of, nor a participant in this promotion. * For full details, visit www.rbc.com/termsandconditions. ® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. † All other trademarks are the property of their respective owner(s).

Shock, sadness follow death of suspect in Slocan shootout

Police watchdog called in. Residents had endured village-wide lockdown after initial incident on Thursday

RCMP Const. Chris Coleman prevents traffic from returning to Slocan, B.C., on Friday. The subject of a massive police manhunt in the southern B.C. village since last week is dead, RCMP said late Monday. BILL GRAVELAND/THE CANADIAN PRESS

The subject of a police manhunt in southern British Columbia — after an exchange of gunfire in the tiny village of Slocan last week — is dead and there is no longer any danger to the community, RCMP said late Monday.

Police said they discovered Peter DeGroot, 45, Monday afternoon in the vicinity of the village in the West Kootenay region, but they refused to disclose whether further shots were fired.

Chief Supt. Frank Smart said at 1:20 p.m., two members of the RCMP's emergency response team were near a gravel pit conducting a search of a cabin when they found the man.

"Upon entering the cabin there was an interaction between the subject of the ongoing search and the two ERT members," Smart said in a statement at the RCMP's regional headquarters Monday night. "We can confirm the suspect is now deceased."

Residents, who had endured a village-wide lockdown after the initial incident, reported earlier Monday the town's mood had relaxed and guests had arrived from out of town to celebrate Thanksgiving. Upon learning of the outcome, they once again felt the severity of the situation.

"I'm shocked beyond belief," said Antonia Crossley, owner of the Harold Street Cafe. "I feel for the family. It's really, really sad, regardless of what happened. A loss is a loss."

A woman who answered the phone at the local market gasped and simply said, "That's amazing," when she heard the news.

B.C.'s police watchdog, the Independent Investigations Office, has been called to the scene, as it is any time someone is killed or severely injured as a result of police involvement. Few details of the events leading to DeGroot's death could be released to avoid compromising the watchdog's investigation, Smart said.

Police were removing all roadblocks and other restrictions to the community, and residents were no longer in danger, he added. Police were helping members of DeGroot's family, as well as the two officers involved in Monday's incident, Smart said.

The manhunt was launched on Thursday after police were called over a dispute between two people. They say they were shot at with a rifle, and there was an exchange of gunfire.

DeGroot fled into the woods, triggering an influx of dozens of officers, including helicopters and search dogs.

Police initially urged residents to stay indoors, while police escorted children from a local school to their parents.

THE CANADIAN PRESS

B.C. teachers' dispute back before the courts

Education policy in the province is at stake as B.C. appeals teachers' court victories. THE CANADIAN PRESS FILE

A pair of court cases, that became the rallying point for British Columbia's teachers during the longest provincewide strike in its history, go back on the docket this week, ushering a holdover from the summertime dispute into legal chambers.

The provincial government begins its appeal Tuesday in B.C.'s highest court, of a January victory by the B.C. Teachers' Federation, the union representing more than 40,000 public school teachers.

During weeks of demonstrations, news conferences and picket lines, teachers repeatedly trumpeted two B.C. Supreme Court rulings that found the province had violated educators' charter rights.

The court twice ruled it was illegal in 2002 for the province to legislate away hundreds of clauses related to class size and composition from the teachers' collective agreement. Justice Susan Griffin handed down rulings favourable to the union first in 2011 and subsequently last winter.

The province is challenging the latest decision in its bid to claim control of educational policy.

"The issue with the deleted clauses, accordingly, is not simply how much money should be spent on K-12 education but how it is to be spent and who should make such decisions," the government says in documents filed with the B.C. Court of Appeal.

The union, meantime, has held firm to what it views should be its own decision-making powers.

"This appeal is about fundamental freedoms and teachers' rights protected by ... the Canadian Charter of Rights and Freedoms," the union writes in its statement of facts filed in late August. THE CANADIAN PRESS

Train to become a
Child & Youth Care Worker

CALL TODAY!
604-310-2684
or visit
mticc.com

MTI COMMUNITY COLLEGE

- 40 week Diploma program
- Rewarding career helping children & youth
- Includes 120 hours of first-hand practicum training

Weather warning. Heavy rain expected in Metro Vancouver, Fraser Valley

At least we can be thankful for the dry summer.

Lower Mainlanders celebrated Thanksgiving Monday with a rainfall warning caused by a Pacific frontal system.

Up to 50 mm of heavy rain was expected in Metro Vancouver and the Fraser Valley, with the most precipitation falling near the mountains, according to Environment Canada.

While the rain was expected to let up overnight, Vancouverites hoping for a dry week will be disappointed. Downpours are expected on Wednesday, Thursday and Friday. EMILY JACKSON/METRO

A woman carries a golf umbrella along Georgia Street. JENNIFER GAUTHIER/METRO FILE

In recovery. Hunter survives grizzly attack, gunshots from partner

A 56-year-old man is recovering in a Calgary hospital after getting mauled by a grizzly bear while hunting Sunday morning near the southern B.C. town of Fernie.

A spokesman for STARS air ambulance says a crew responded to an emergency call just before 9:30 a.m.

David Fairbanks says the man was not only attacked but also shot by his hunting partner who was trying to neutralize the animal.

B.C.'s environment ministry says the hunting partner managed to kill the bear and was not injured in the incident. THE CANADIAN PRESS

A grizzly fishes for salmon in Tweedsmuir Provincial Park in 2010. JONATHAN HAYWARD/THE CANADIAN PRESS

WWII balloon bomb found in mountains

'Ingenious' Japanese device. Weapon, too dangerous to move, blown to smithereens

The chandelier part of this Japanese balloon bomb — recovered near Milton, Sask., in 1945 — is pictured at the Canadian War Museum. A similar bomb has been discovered near Lumby, B.C. CONTRIBUTED/THE CANADIAN PRESS

Seven decades after thousands of "balloon bombs" were let loose by the Imperial Japanese Army to wreak havoc on their enemies across the Pacific, two forestry workers have found one half-buried in the mountains of eastern British Columbia.

A navy bomb-disposal team was called and arrived at the site Friday in the Monashee Mountains near Lumby.

"They confirmed without a doubt that it is a Japanese balloon bomb," said RCMP Cpl. Henry Proce.

"This thing has been in the dirt for 70 years … There was still some metal debris in the area (but) nothing left of the balloon itself."

The forestry workers found the device Wednesday and reported it to RCMP on Thursday.

Proce, a bit of a history buff himself, accompanied the men to the remote area and agreed that the piece appeared to be a military relic.

The area was cordoned off and police contacted the bomb-disposal unit at Maritime Forces Pacific.

It was a big bomb, Proce said. A half-metre of metal casing was under the dirt in addition to approximately 15 to 20 centimetres sticking out of the ground.

"It would have been far too dangerous to move it," Proce said. "They put some C4 on either side of this thing and they blew it to smithereens."

Between November 1944 and April 1945, the Imperial Japanese Army released more than 9,000 bomb-bearing balloons.

Assembled from bark and rice paper, in some cases by school children, the balloons were loaded with hydrogen and attached to a chandelier-like structure loaded with sandbags and incendiary bombs, said Andrew Burtch, director of research at the Canadian War Museum.

This one would have been equipped with two large bombs and four smaller ones that may have exploded on landing decades ago.

"It would go up into the jet stream and get pushed across the Pacific over the course of two or three days," he said.

"They were launched from beaches in Japan with the objective of creating havoc in North America, which had until then been relatively untouched by the war."

As hydrogen depleted, the balloons would lose altitude. The devices were rigged with barometers and timers to drop sandbags as necessary to keep the balloon aloft.

It is estimated that at least 1,000 made it over the ocean and as far inland as Michigan and Manitoba.

"It's quite an ingenious device," Burtch said. But "in the end, not too effective."

There were no deaths reported in Canada, but an Oregon Sunday school teacher and five teens were killed by one in 1945. THE CANADIAN PRESS

LEARN ONLINE
Guided online learning, instructor-led, in a highly supported environment

Psychiatric Nursing (online): This 23 month program is recognized by the College of Registered Psychiatric Nurses of BC (CRPNBC). Entry-level earnings start at $30.79/hour to $40.42/hour. Stenberg College grads will receive advanced standing and can complete a Bachelor of Psychiatric Nursing (BPN) at Kwantlen Polytechnic University in 4 semesters.

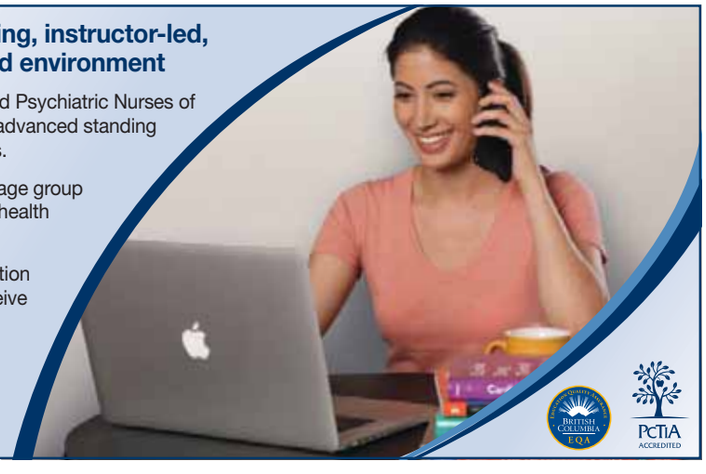
Therapeutic Recreation – Gerontology (online): Older adults are the fastest growing age group in Canada, resulting in a growing employment need for professionals who can support and promote optimal health for seniors. Earn up to $23.50/hour.

Education Assistant / Special Education Assistant (online): Become an Education Assistant in just 9 months! Average starting wage in school districts ranges from $20 - $26/hour. You will receive training and certification from the Provincial Outreach Program for Autism and Related Disorders.

You may be eligible for government student loans, grants and bursaries.

604-580-2772 STENBERG COLLEGE www.stenbergcollege.com

Over 92% of our grads are employed in their field of study within 6 months of graduation.



BRITISH COLUMBIA EQA PCTIA ACCREDITED

Streetcar lovers pull for Olympic Line

'A good thing for Vancouver.' Group lobbying for $5M to reanimate tracks

EMILY JACKSON
emily.jackson@metronews.ca

Forget the Broadway subway — one group of streetcar aficionados wants Vancouver politicians to revive the Olympic Line along False Creek.

The group called Friends of the Olympic Line is calling on politicians from all parties to commit $5 million to reanimate the line known as both the Downtown Historic Railway and the Olympic Line.

As it stands, the city's 2015 to 2018 capital budget plans to spend $400,000 to decommission portions of the railway.

The line operated with great success for two months during the 2010 Winter Olympics, using streetcars borrowed from Brussels.

Streetcars also used to run along the tracks on weekends and holidays during summer months from 1998 to 2012, a city-owned service aimed at tourists and operated by the Transit Museum Society.

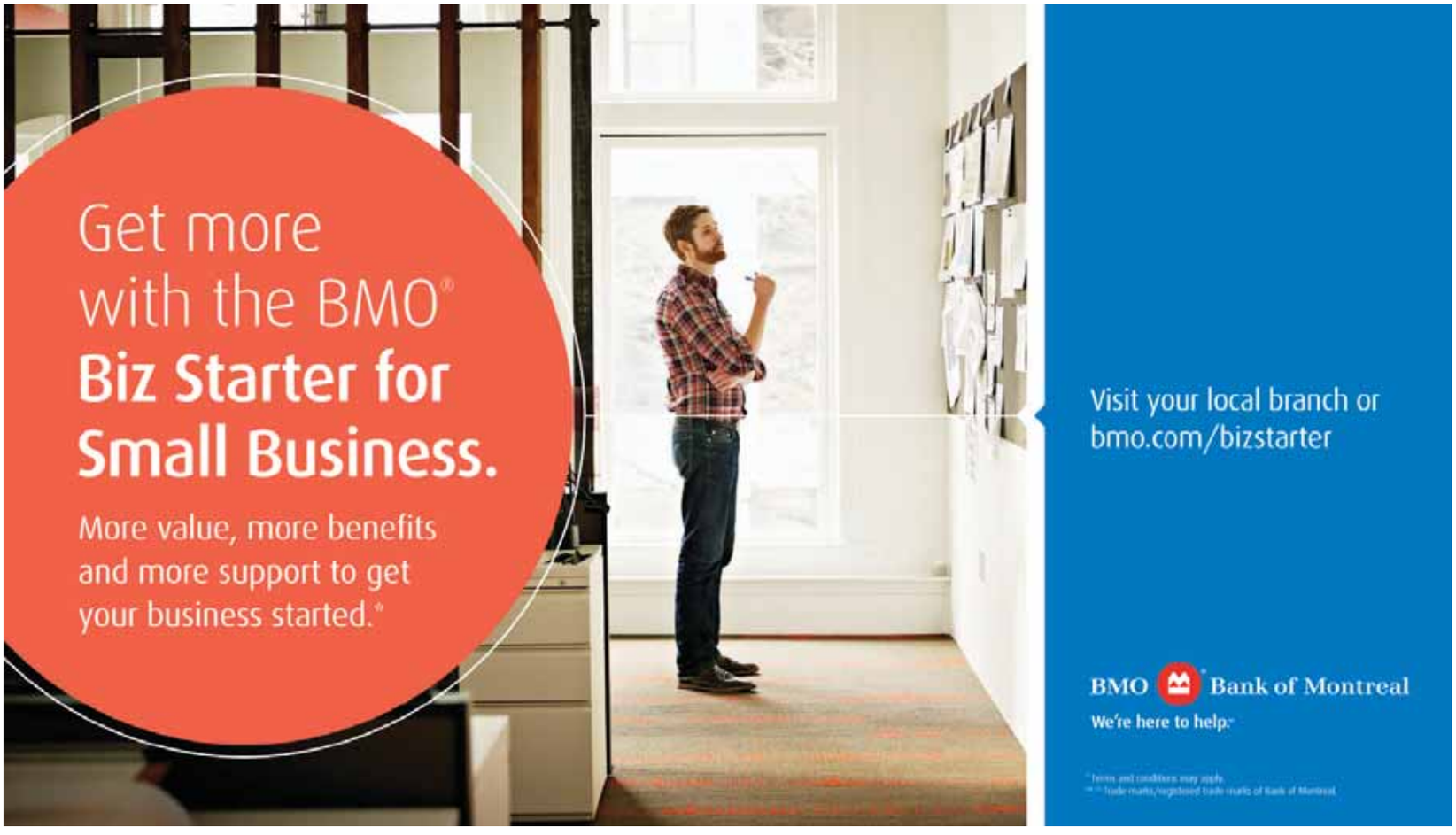
The service was cancelled due to lack of funding.

The group is asking politicians to dedicate cash in order to complete the tracks all the way to Science World and to buy two streetcars to use on weekends and holidays starting in summer 2015.

"We feel like this would be a good thing for Vancouver, enjoyed by locals and tourists alike," states a news release from the group, adding there is a strong business case behind connecting the two major tourist attractions.

Follow Emily Jackson on Twitter @theemilyjackson

This file photo shows the 1207 inter-urban train in a warehouse near False Creek in Vancouver. NICK WELLS/METRO FILE



Caution urged

Potent heroin prompts police warning

A potent batch of heroin suspected in a dozen recent overdoses, and potentially one death, has prompted Vancouver police to warn local drug users.

Police issued the warning urging people to be extremely cautious after a woman died on Sunday. They believe the potent heroin was related to her death, although the coroner has not confirmed the exact cause.

Police are encouraging drug users to go to Insite, the supervised injection site in the Downtown Eastside. They also asked people not to use heroin alone.

Anyone who sees someone in medical distress is asked to call 911 immediately.

EMILY JACKSON/METRO

Chockablock ballots

Municipal election attracts 119 candidates

Vancouver voters will have a long list to contend with when they hit the ballots on Nov. 15.

One hundred and nineteen people filed nomination documents by Friday's deadline to run for 27 positions including mayor, 10 councillors, seven park board commissioners and nine school trustees.

That's the most people vying for a civic position since 2002. In the last election, only 94 candidates ran.

The nominations can be challenged until Tuesday at 4 p.m. Candidates can withdraw until Friday at 4 p.m.

Advanced voting begins on Nov. 4.

Check out metronews.ca for a full list of candidates.

EMILY JACKSON/METRO

Modernizing liquor laws

Alcohol to be in grocery stores by next spring

British Columbians will soon be able to grab a bottle of wine when they're shopping for eggs and broccoli.

The provincial government says the sale of alcohol in grocery stores starting next spring will be part of a store-within-a-store model.

In order to be eligible, 75 per cent of a grocery store's sales must come from food, and it must be a minimum of 930 square metres.

The province says grocery stores can co-brand with liquor stores, regardless of whether the liquor store is actually in the grocery store, and there will be no minimum size requirement.

Big-box stores and convenience stores will not be permitted to sell alcohol.

THE CANADIAN PRESS

The Vatican

Bishops say gays have something to offer RC church

Gay rights groups hailed a "seismic shift" by the Catholic Church toward gays on Monday after bishops said homosexuals had gifts to offer the church and that their partnerships, while morally problematic, provided homosexuals with "precious" support.

In a preliminary report halfway through a Vatican meeting on family life, the bishops also said the church must recognize the "positive" aspects of civil unions and even Catholics who cohabitate, with the aim of bringing them to a lifelong commitment in a church wedding.

The report summarized the closed-door debate that Pope Francis initiated to discuss a host of hot-button family issues such as marriage, divorce, homosexuality and birth control. No decisions were announced, but the tone of the report was one of almost-revolutionary acceptance rather than condemnation, and it will guide discussions until a final document is issued Saturday.

THE ASSOCIATED PRESS

Parks Canada

National parks feel the heat after busy wildfire season

The number of wildfires in Canada's national parks was close to average last summer, but the size of some of those fires made it an unusually hot season.

"We've had a more active than normal wildfire season," said Jeff Weir, Parks Canada's national fire manager. "A small number of those fires have been quite challenging."

The agency reported 85 wildfires in the spring and summer of this year. That's slightly higher than the average of 82.

The amount of forest burned was almost 3,000 square kilometres — an area about half the size of Prince Edward Island.

"That's higher than normal," Weir said.

There were several large fires in Wood Buffalo National Park, which straddles the boundary between northern Alberta and the Northwest Territories. Together with a large fire in Banff National Park, the fires accounted for 1,300 square kilometres of forest burned.

THE CANADIAN PRESS

Hong Kong

Pro-democracy protestors attacked by masked mob

A mob of masked men opposed to Hong Kong's pro-democracy demonstrators led an apparently co-ordinated assault on the protest zone in the heart of the city's financial district Monday, tearing down barricades and clashing with police.

The chaotic scenes came after police carried out a dawn operation to reopen some key roads blocked by protesters for more than 15 days. Police said they will continue to chip away at the occupied zone to relieve traffic, and warned that anyone who challenges them could be arrested.

Monday's confrontations highlighted the growing tension between student-led protesters and authorities — as well as other residents aggravated by the disruptions. The protesters, who had enjoyed widespread support when the movement began, are fighting to keep up momentum as the political crisis entered a third week.

THE ASSOCIATED PRESS

Birth control pill linked to fish sterility

Study. Researcher says 'feminizing' problem can be reversed with better waste-water treatment in Canada

The lead researcher of a new study is calling for improvements to some of Canada's waste-water treatment facilities after finding that introducing the birth control pill in waterways created a chain reaction in a lake ecosystem that nearly wiped out a freshwater fish.

The study published Monday found that introducing small amounts of estrogen into a lake led to the near extinction of the fathead minnow because it interfered with the fish's ability to reproduce.

Lead researcher Karen Kidd of the University of New Brunswick said the study has been ongoing since the late 1990s, when researchers in the United Kingdom discovered that male fish began to develop eggs when estrogen was introduced in their habitat.

Kidd said their study set out to build on that research to determine whether the estrogen would affect the fathead minnow's ability to reproduce and whether there were larger effects on the lake's ecosystem.

"Right away, the male fish started to respond to the estrogen exposure by producing egg yolk proteins and, shortly after that, they started to develop eggs," she said in an interview from Saint John, N.B. "They were being feminized."

Kidd said shortly after introducing the estrogen, the numbers of fathead minnow crashed, reducing numbers to one per cent of the population.

"It was really unexpected that they would react so quickly and so dramatically," she said. "The crash in the population was very evident and very dramatic and very rapid and related directly to the estrogen addition."

"It's a problem that we can certainly resolve with better waste-water treatment," Kidd added. THE CANADIAN PRESS

A researcher is calling for improvements to some of Canada's waste-water treatment facilities after finding that introducing the birth control pill in waterways nearly wiped out a freshwater fish. ISTOCK

School opens in Haiti to honour Mountie who died in 2010

Carpenter Mario Celestin, centre, shows students a machine in the carpentry room during the opening of the Sgt. Mark Gallagher Memorial Vocational School on the outskirts of Port-au-Prince, Haiti, on Monday. Sgt. Mark Gallagher, a well-known spokesman for the RCMP in the Maritimes, was killed almost five years ago in the devastating 2010 earthquake while he was on an educational mission in the Caribbean country. DIEU NALIO CHERY/THE CANADIAN PRESS

Animal rights group calls for changes after uncovering pigs' 'journey to hell'

An animal rights group is urging the federal government to update regulations on animal transport after releasing a video that alleges abuse at a hog facility in Red Deer, Alta.

Mercy for Animals sent an undercover investigator to the Western Hog Exchange facility for 10 weeks from May to August of this year.

The investigator captured video of the pigs being kicked and struck with what appears to be a club, but Mercy for Animals' executive director Krista Osborne said the video is "merely a glimpse" of the abuse and cruelty animals are subjected to during transportation.

"These animals are truly on a journey to hell," she said during a news conference on Monday, adding that current Canadian regulations allow for animals to be trucked thousands of kilometres for up to 52 hours without food, rest or water. "Their journey is filled with fear, pain and distress."

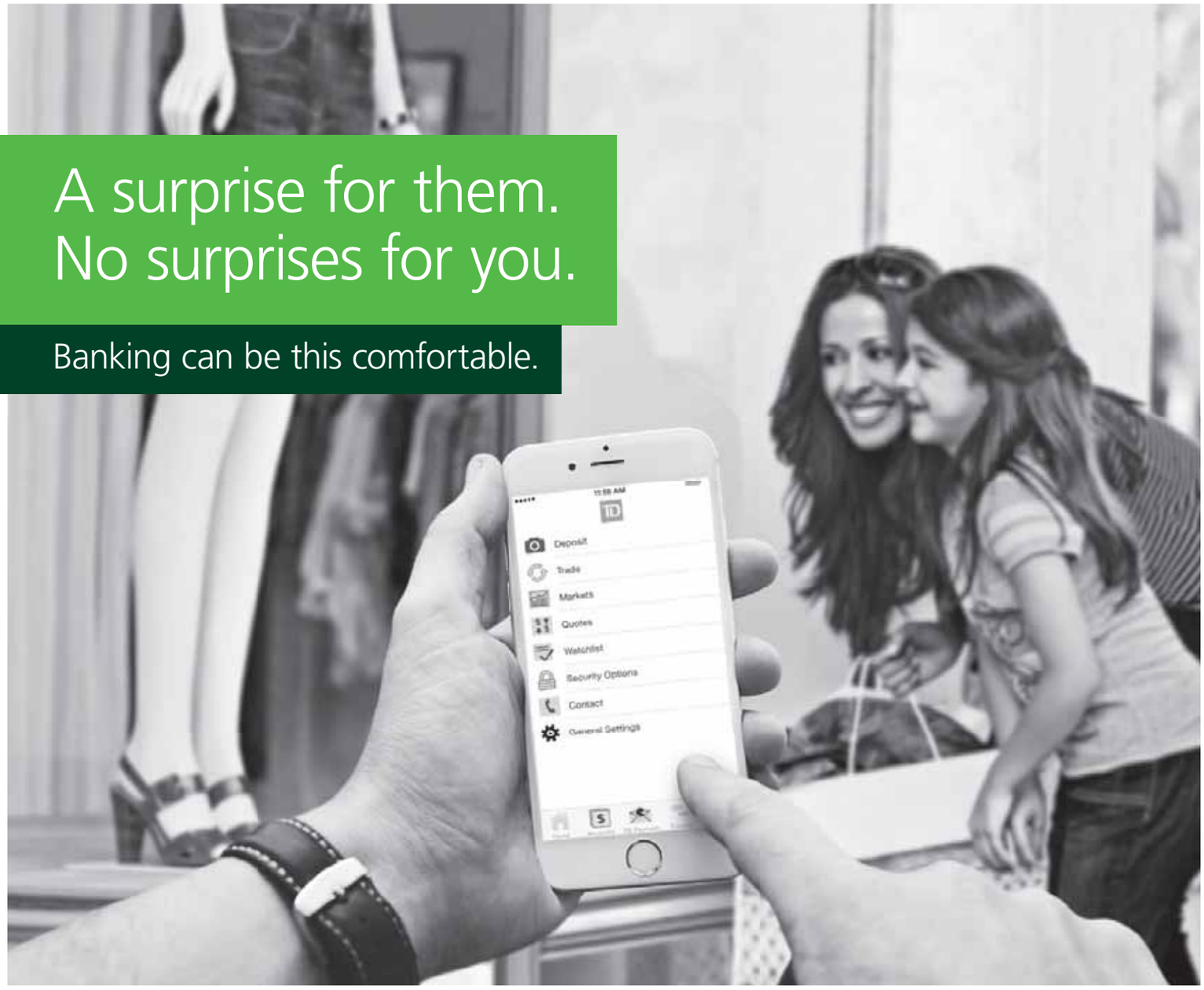
The video also shows pigs stuffed in overcrowded corals and several injured animals limping around. Osborne said that every year, more than eight million animals arrive at slaughterhouses dead, injured or too sick to be fit for human consumption. She said pigs sometimes arrive at their destination frozen to the truck.

"They suffer agonizing deaths from dehydration, starvation, suffocation and severe injuries due to overcrowding," Osborne said.

Alberta's Society for the Prevention of Cruelty to Animals is looking into the allegations and the facility has also launched an independent investigation.

Mercy for Animals is calling for stricter limits on transportation times, better conditions for animals in transit and clearer definitions of what it means for an animal to be unfit for transport.

TREVOR GREENWAY/METRO IN OTTAWA WITH FILES FROM THE CANADIAN PRESS



Take online banking on the go with the TD app.

When you download the TD app, you can securely check your balances almost anywhere, anytime. Which means you can treat your family once in a while without losing sight of your finances. A mini shopping spree? A weekend getaway? We'll leave the fun part up to you.

Download it easily

Download on the App Store

All trade-marks are the property of their respective owners. ® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

Idaho. Man dressed as zombie killed by bus at corn maze paintball event

A bus carrying paintball players struck and killed a Washington state man inside a zombie attraction at a corn maze in northern Idaho, authorities said Saturday.

Jeremy T. McSpadden Jr., 18, of Spokane Valley, Washington, was a role player in the Zombie Slayer Paintball Bus attraction at the Incredible Corn Maze in Hauser on Friday night, the Kootenai County Sheriff's Office said. Dressed as a zombie, he emerged from his hiding place and ran toward the modified school bus, but he tripped and fell in front of the rear passenger-side tires, witnesses reported.

He was run over and apparently killed instantly. Because of the uneven terrain of the corn maze, the bus frequently rocks, and the occupants did not immediately notice what had happened, investigators said.

"It was not until the bus had travelled away from the victim's location and the role players began to reset for the next bus to come along that anyone realized something was wrong," the sheriff's office said in a news release.

The attraction is new this season, according to the corn maze's website. For $15, customers ride the bus, which has paintball guns mounted outside the windows, and shoot at the zombies as the vehicle drives through the corn maze.

The bus was going forward, and neither speed nor alcohol was a factor, Sgt. Ward Crawford said.

"The focus of the attraction is the bus creeps forward so the customers have plenty of opportunity to blast away at the zombies," Crawford said. "This looks like it was just a horrific confluence of events."

A recording on the corn maze's information line Saturday morning said, "We are sad to announce that all of the attractions, including the free drive-in movie, will be cancelled for the remainder of the weekend."

THE ASSOCIATED PRESS

Police shootings

Nearly 20 arrested during Missouri rally

Nearly 20 people were arrested Monday during a large rally in Missouri where protesters have been unremitting since an unarmed 18-year-old black man was fatally shot by a police officer. Clergy members led several hundred people on a march, using a bullhorn to read the names of people killed by police across the U.S., marking the third straight day of recent protests in the St. Louis suburb where Michael Brown was fatally shot Aug. 9 by a white police officer.

Tensions escalated last week when a white police officer in St. Louis shot and killed 18-year-old Vonderrit Myers Jr., who police say shot at police before he was killed. Police say about 13 people were arrested at police headquarters on charges of peace disturbance. Six others were arrested for failing to disperse after blocking a street.

THE ASSOCIATED PRESS

Oscar Pistorius is seen in court Monday. Pistorius faces sentencing this week in a South African court after being convicted of culpable homicide for killing girlfriend Reeva Steenkamp. MARCO LONGARI/THE ASSOCIATED PRESS

Psychologist calls Pistorius 'a broken man'

Judge ponders sentence. Hearing to last several days

Quoted

"Some of the sessions were just him weeping and crying and me holding him."

Dr. Lore Hartzenberg, a psychologist who counsels Pistorius

Oscar Pistorius is a "broken man" after killing girlfriend Reeva Steenkamp, and has already suffered emotionally and financially, a psychologist called by the Olympic runner's lawyers testified Monday ahead of his sentencing.

Dr. Lore Hartzenberg gave the testimony ahead of Pistorius' sentencing for culpable homicide, and it was almost immediately characterized by the chief prosecutor as lacking balance. Prosecutor Gerrie Nel also expressed shock after a defence witness suggested Pistorius be sentenced to occasional house arrest and community service for shooting dead his girlfriend.

After Hartzenberg described how Pistorius had suffered since the Valentine's Day killing last year, Nel noted that the double-amputee athlete likely still has the chance to rebuild his life and possibly continue his career, whereas Reeva Steenkamp is dead and her family is devastated.

"We are now dealing with a broken man, but he is still alive," the prosecutor said. He asked the psychologist what she knew about Steenkamp.

"Do you know anything about her dreams, what she wanted to do in life?" Nel said.

Later, a social worker from South Africa's correctional services department, who was also called to testify by defence lawyers, suggested Pistorius should serve a three-year correctional supervision sentence for negligently shooting Steenkamp. That would include periods of house arrest but no prison time, and allow Pistorius to train and attend athletics meets again.

Nel said that suggested sentence was "shockingly inappropriate" and described it as "no sentence."

Judge Thokozile Masipa was hearing evidence on the first day of Pistorius' sentencing hearing, which is expected to last several days. After listening to testimony from witnesses called by both the defence and prosecution, Masipa will decide on Pistorius' sentence.

It can range from a suspended jail sentence and a fine to as many as 15 years in prison. Masipa last month found Pistorius, 27, guilty of culpable homicide but not guilty of both premeditated murder and murder in his killing of Steenkamp at his home.

Hartzenberg, a psychologist who counsels Pistorius, said the athlete had lost the woman he loved, his reputation, friends, his income and sense of self-worth after what he said was an accidental killing — and was suffering from post-traumatic stress disorder. Pistorius sometimes cried, retched, perspired and paced up and down during sessions in which she tried to assist him, Hartzenberg said.

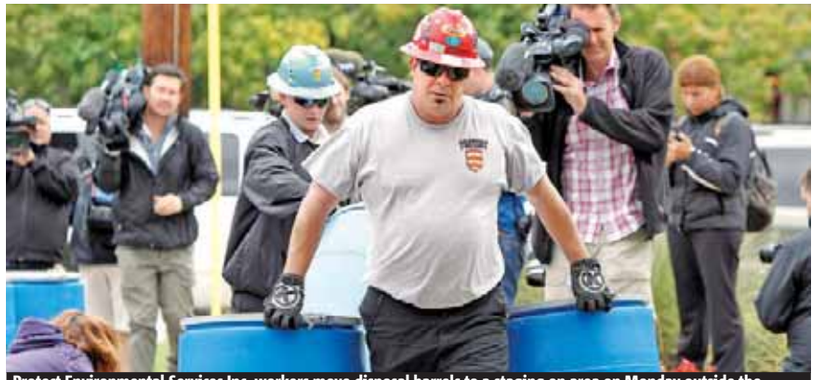
THE ASSOCIATED PRESS

Steenkamp

Reeva Steenkamp was a 29-year-old model and budding reality TV star.

Canadian Ebola vaccine tests have begun in healthy people

VSV-EBOV vaccine. Twenty vials have been sent to a U.S. military lab in Maryland for testing on about 40 healthy volunteers



Protect Environmental Services Inc. workers move disposal barrels to a staging on area on Monday outside the apartment of a U.S. healthcare worker in Dallas, who treated Ebola patient Thomas Eric Duncan and was the second person in the U.S. to test positive for the virus. BRANDON WADE/THE ASSOCIATED PRESS

Human testing of an experimental Canadian-made Ebola vaccine began Monday, with federal officials saying the drug could be shipped to West Africa within months if it proves successful.

Health Minister Rona Ambrose said the launch of the vaccine's first clinical trial marks a promising step in the global campaign to contain the virus, which the World Health Organization says has killed more than 4,000 people.

Twenty vials of the vaccine have been sent to the Walter Reed Army Institute of Research in Maryland for testing on about 40 healthy volunteers, she said.

The Phase 1 trial will determine if the vaccine created by Public Health Agency of Canada, known as VSV-EBOV, is safe for human use. It will also determine the proper dosage level and test for possible side effects, Ambrose said.

Studies have shown the vaccine works in primates both to prevent infection when given before exposure and to increase survival chances when given quickly after exposure.

Canada's chief public health officer said results from the human trial are expected by December, and if successful, the next stage would be to test it in a larger human sample, including those directly handling Ebola cases in West Africa.

A small U.S. company called NewLink Genetics holds the licence for the vaccine and will be arranging the trials at the U.S. military lab.

THE CANADIAN PRESS

Ebola scare in Ontario

Health officials in Ottawa and Belleville, Ont., announced Monday that two patients were placed in isolation as a precaution because they showed Ebola-like symptoms.

- Ottawa Public Health said the patient in Ottawa Hospital has tested negative for the virus.
- Results for the patient in Belleville are not available. Officials say the patient was in Sierra Leone recently, but consider it unlikely the symptoms will turn out to be Ebola.

Ebola's economic effects

Education a 'good defence strategy,' WHO says

The World Health Organization called the Ebola outbreak "the most severe, acute health emergency seen in modern times" on Monday, but also said that economic disruptions can be curbed if people are adequately informed to prevent irrational moves to dodge infection.

WHO Director-General Margaret Chan said 90 per cent of economic costs of any outbreak "come from irrational and disorganized efforts of the public to avoid infection."

Chan said that adequately educating the public was a "good defence strategy" and would allow governments to prevent economic disruptions. Health officials should also continue to focus on other health threats, including non-communicable diseases, she said. THE ASSOCIATED PRESS

itravel2000.com
Spinbrella
Book your Sunwing or Signature winter vacation with itravel2000 to save big and win big.
When you play Spinbrella, you'll be entered for a chance to win amazing prizes like a $25,000 dream vacation, $1,000 travel vouchers, all-inclusive trip giveaways, Samsung tablets and more!
Every spinner is a winner when you play Spinbrella.
1.866.WOW.DEAL itravel2000.com
Signature vacations
sunwing
No Purchase Necessary. For full rules, prize descriptions and how to enter, visit http://spinbrella.ca. Contest closes 11:59:59 PM ET on November 16, 2014; PINs available until 11:59:59 PM ET on November 7, 2014. 5,371 Instant Win Prizes available to be won, ranging from $50.00 (CDN) to $25,000.00 (CDN) in value. As Instant Win Prizes are claimed, the number of Instant Win Prizes available will be reduced accordingly. Must be a resident of Canada and the age of majority. Correct answer to mathematical skill-testing question required.

Alaska same-sex marriage ban struck down

Several gay couples lined up early on Monday in Alaska to apply for marriage licences after a federal judge struck down the state's ban on same-sex unions on Sunday.

Matthew Hamby, the lead plaintiff in the case to make gay marriage legal in Alaska, was among the first to arrive to get his licence in the city of Anchorage and spent most of the morning helping others. He got to his application only after the steady stream of couples began to dwindle.

Alaska has a three-day waiting period between applications and marriage ceremonies, meaning the first unions could come Thursday.

The far-flung conservative state has became the latest to see its ban struck down in a flurry of legal rulings that have drastically changed the landscape for same-sex marriage across America.

Five gay couples brought the Alaska lawsuit in May, seeking to overturn a constitutional amendment approved by voters in 1998 that defined marriage as being between one man and one woman.

Gov. Sean Parnell has promised an appeal to get the ban reinstated, and lawyers for the state are looking for weaknesses in the ruling. But the state's chances of winning an appeal to the 9th Circuit Court of Appeals were slim since it already ruled last week against gay marriage bans in Idaho and Nevada.

The developments in Alaska came one week since the U.S. Supreme Court declined to hear appeals from several states seeking to retain their bans on same-sex marriage. The Oct. 6 move effectively legalized gay marriage.

THE ASSOCIATED PRESS

Lost and found

Pet parrot returned after four years

A pet African grey parrot that spoke with a British accent when it disappeared from its home four years ago has been reunited with its owner — and the bird now speaks Spanish.

A woman found Nigel outside her home and brought him to Southern California veterinarian Teresa Micco, who has been running ads for her own missing bird for nine months. Micco tracked Nigel's microchip to Darren Chick of Great Britain.

THE ASSOCIATED PRESS

North Korean leader Kim Jong Un, seen in this July 2013 photo, reappeared on Tuesday after not being seen in public for five weeks. THE ASSOCIATED PRESS

Kim Jong Un shows up after disappearing for five weeks

It's official. North Korea's state news agency makes no mention of the leader's health, detailing only his comments

North Korean Leader Kim Jong Un made his first public appearance in five weeks on Tuesday, the official news agency reported, ending a prolonged absence that fuelled speculation about his health and control over the country.

Korean Central News Agency said Kim "gave field guidance" on Tuesday at the newly built Wisong Scientists Residential District. The agency said earlier in the day, Kim "visited the newly built Natural Energy Institute of the State Academy of Sciences."

Kim had last been seen in the state media five weeks ago at a Sept. 3 concert, and missed several high-profile events that he normally attends. An official documentary released last month made a single reference to Kim's "discomfort" and showed video footage from August of him overweight and limping.

Many analysts believe that while Kim may have some health issues, he's probably not in serious trouble.

THE ASSOCIATED PRESS

Reasons for absence?

Kim Jong Un has been reported variously to be suffering from gout, from diabetes, from a brain hemorrhage, from a heart ailment, from a leg injury that required surgery from a French doctor, from mental illness or, according to a head-turning British report, from a cheese addiction.

COURT BAILIFF SALE OF LAND

In the Supreme Court of British Columbia between COSTCO WHOLESALE CANADA LTD. (Petitioner) and ANNU RADHA NAYYAR, ROYAL BANK OF CANADA, THE MANUFACTURERS LIFE INSURANCE COMPANY (Respondents).

By virtue of an Order issued out of the Supreme Court of British Columbia dated the 27th day of May, 2014, entered on the 28th day of May, 2014 Vancouver Registry No.S140482 before the Honorable Master Taylor, I will sell by sealed tender, all of the interest of ANNU RADHA NAYYAR, the Judgment Debtor (the judgment(s) amount(s) of $161,668.59 plus costs and any interest accrued up until the selling date), in the following lands and premises, located at 7710 - 116th Street, Delta, British Columbia, more particularly known and described as PID 008-676-160 Lot 575 Section 24 Township 4 New Westminster District Plan 39954, for cash without upset price.

New Westminster Land Title Office, Title No: BX331451, from Title No: BV424546.

Application for registration on: May 18, 2005, entered May 25, 2005.

Registered Owner in Fee Simple: Annu Radha Nayyar, Cashier, 7710 – 116th Street, Delta, British Columbia V4C 5T6.

Taxation Authority: Municipality of Delta.

Description of land: PID 008-676-160 Lot 575 Section 24 Township 4 New Westminster District Plan 39954.

Legal Notations: None.

Charges, Liens and Interests

Nature of Charge: Charge Number, Date, Time.

Mortgage: BW203594, 2004-05-13, 12:29. Cancelled by BX351978, 2005-07-15. Registered Owner of Charge: CIBC Mortgages Inc., Incorporation No. 33457A, BW203594.

Mortgage: BX331452, 2005-05-18, 10:40. Registered owner of charge: Royal Bank of Canada, BX331452.

Judgment: CA3091911, 2013-04-24, 15:37. Registered owner of charge: Costco Wholesale Canada Ltd., Incorporation No. A0072721, CA3091911.

Judgment: CA3091928, 2013-04-24, 15:43. Registered owner of charge: Costco Wholesale Canada Ltd., Incorporation No. A0072721, CA3091928.

Judgment: CA3220164, 2013-07-05, 14:21. Registered owner of charge: Costco Wholesale Canada Ltd., Incorporation No. A0072721, CA3220164.

Judgment: CA3232988, 2013-07-12, 20:17. Registered owner of charge: Costco Wholesale Canada Ltd., Incorporation No. A72721, CA3232988.

Judgment: CA3467433, 2013-11-21, 13:29. Registered owner of charge: The Manufacturers Life Insurance Company, Incorporation No. A0064520, CA3467433.

Judgment: CA3470136, 2013-11-22, 15:41. Registered owner of charge: The Manufacturers Life Insurance Company, CA3470136.

Judgment: CA3473718, 2013-11-26, 12:23. Registered owner of charge: The Manufacturers Life Insurance Company, CA3473718.

CAUTION: Charges may not appear in order of priority. See Section 28 of the L.T.A.

Duplicate indefeasible title: None Outstanding.

Transfers: None.

Pending applications: None.

Corrections: None.

CONDITIONS OF SALE:

The proceeds of the sale of the interest of the Respondent, ANNU NAYYAR in the Land, immediately after the making thereof, shall be distributed as follows:

First, in payment of taxes, arrears of taxes, water rates, and the like (if any);

Second, in payment of the Sheriff's Poundage fees and incidental expenses;

Third, in payment of the Royal Bank of Canada's Mortgage; and

Fourth, to the registrar of this Honourable Court.

Subject to the preferential right of the petitioner for party and party costs in these proceedings, the proceeds of the sale thereafter shall be deemed to be money levied under execution within the meaning of the Creditor Assistance Act, R.S.B.C. 1996, c. 83, and shall be distributed by the registrar of the Court to the persons whom the Sherriff would, under the Creditor Assistance Act, distribute monies levied under a writ of execution.

The Court Bailiff reserves the right to reject any or all offers, and further reserves the right to adjourn the sale generally.

The Court Bailiff shall convey the land to the successful purchaser at the completion of the sale.

The Court Bailiff makes and it shall be deemed to have made, no representation or warranty whatsoever with respect to any matter or thing being the subject matter of this Court Bailiff Sale, expressed or implied, statutory or otherwise, and the Purchaser is submitting a sealed tender on an "as is, where is" basis, at its own risk and peril, and without limited the generality of the foregoing, in respect of all which matters the Purchaser shall satisfy himself prior to submitting a sealed tender.

Sealed tenders marked "NAYYAR" will be accepted at the office of Accurate Court Bailiff Services Ltd. at 6139 Trapp Avenue, Burnaby, BC until 12:00 noon on October 17, 2014.

For more details please contact Accurate Court Bailiff Services Ltd. At 604-526-2253.

Neil Bantleman, left, his wife Tracy and Ferdinand Tijong and his wife Sisca are seen during a visit last week to the jail where the two men have been held since July. IMAGE COURTESY TRACY BANTLEMAN

Teacher hopeful his 'nightmare' will end

Neil Bantleman. Jailed in Jakarta, ex-Calgary educator thankful for the support of friends, family and strangers

JEREMY NOLAIS
Metro in Calgary

He's been locked away for more than three months, sharing a tiny cell with up to eight men at a time.

By day, he reads, draws, meditates and practises his Bahasa, the official language of Indonesia.

The food provided is of poor quality, the bath and toilet aren't private and the security measures are seemingly inadequate.

But still, Neil Bantleman remains confident that his name will be cleared and he will be free to return home to his wife Tracy.

"All things considered I'm OK," he said during a Metro message interview arranged with the former Calgary private school teacher from his cell in the Indonesian capital of Jakarta. "(I'm) being hopeful, staying positive and praying that this nightmare will end soon."

"(The) worst part is being away from Tracy and having your freedom taken away," he added. "I miss my colleagues and the students and the sense of being part of the school community."

Bantleman and a fellow teacher from the Jakarta International School, Ferdinand Tijong, were arrested July 14 amid allegations of sexual abuse involving kindergarten-aged students.

Freedom lost

"The worst part is being away from Tracy and having your freedom taken away."

Neil Bantleman, former Calgary private school teacher

The pair have been detained since but claim not a single shred of evidence has been presented to justify police suspicions. Outside the jail, hundreds have rallied around the pair, holding candlelight vigils and writing letters to Canadian Foreign Affairs calling for action to secure their release.

Indonesian law allows a suspect to be held for 120 days without a criminal file being taken on by a prosecutor — over the weekend Bantleman's time behind bars eclipsed the 90-day mark. But in his messages Bantleman gave no indication that he was bitter, stating he simply wanted to be set free.

"I am humbled and deeply appreciative of all the support I have received," said Bantleman, who previously taught for a decade at Calgary's Webber Academy.

"The community of support is overwhelming … a loving family, friends from far and wide and complete strangers who have offered their support and prayer continues to give me the strength to carry on."

Settlements

UN chief critical of Israeli housing plan

UN Secretary-General Ban Ki-moon chastised Israeli Prime Minister Benjamin Netanyahu on Monday over the issue of Jewish settlements and challenged him to show leadership and make compromises for peace.

The uncharacteristically harsh language by Ban came during a visit to Jerusalem where the UN chief called Israel's latest construction move a "clear violation of international law."

Ban was referring to an announcement made two weeks ago by Jerusalem to approve the building of 2,500 homes in the region of Givat Hamatos. The construction would complete a housing stretch in east Jerusalem, presenting another obstacle to Palestinians' goal of establishing a capital in the area.

THE ASSOCIATED PRESS

Rebuilding

Co-operation key to Gaza reconstruction

Pledges of $2.7 billion for reconstructing the Gaza Strip may seem impressive, but huge challenges lie ahead as the Palestinian government had asked for more and its prime minister questioned Monday whether all of the money would actually arrive.

Rebuilding the thousands of homes, shops and factories destroyed in the Israel-Hamas war this summer will require co-operation between long-time adversaries and an intricate monitoring system, both of which would be fragile.

Israel would be expected to lift its border restrictions on Gaza to allow building materials to be transported into the Hamas-controlled region, while Hamas would allow a western-backed Palestinian unity government to operate in the region.

THE ASSOCIATED PRESS

PRE-OWNED INVENTORY SALE

AB10459
2012 SUZUKI KIZASHI SPORT
Great price, selectable all wheel drive, sunroof, leather heated seats, Bluetooth and more
$23,995
$19,995
SAVE $4,000
$79.76 WEEKLY @ 84 MONTHS

KK1517
2012 VOLKSWAGEN GTI
200HP turbocharged engine, rare, auto with DSG, sunroof , heated cloth seats and more
$88.89 WEEKLY @ 84 MONTHS
SALE PRICE $23,495

AB10526
2009 SUZUKI SX4 JLX AWD
Low mileage, heated cloth seats, power group, A/C, folding rear seats and more
$52.86 WEEKLY @ 60 MONTHS
SALE PRICE $9,995

AB10479A
2008 DODGE NITRO 4X4
AWD, cloth seats, power windows, A/C, folding rear seats, alloy wheels and more
$52.86 WEEKLY @ 60 MONTHS
SALE PRICE $9,995

BB3423A
2008 SMART FORTWO
Good on gas! automatic, power group, A/C, CD, AM/FM radio, bucket seats and more
$33.35 WEEKLY @ 60 MONTHS
SALE PRICE $5,995

K14235A
2008 HONDA CR-V LX
Fuel efficient, AWD, low kilometers, power group, heated seats, A/C and more
$72.36 WEEKLY @ 60 MONTHS
SALE PRICE $13,995

BB3261A
2008 HONDA CIVIC DX
A/C, CD, fuel-efficient, power group, automatic, rear window defroster and more
$40.67 WEEKLY @ 60 MONTHS
SALE PRICE $7,495

AB10545A
2007 DODGE RAM 1500
Multi-speed automatic, great price, low mileage, 6-passenger cloth setas and more
$65.70** WEEKLY @ 60 MONTHS
SALE PRICE $11,995

AB10502
2008 RANGEROVER SPORT
V-8 cyl. engine, low kilometers, heated leather seats, folding rear seats and more
$165.01 WEEKLY @ 60 MONTHS
SALE PRICE $32,995

S15227A
2002 FORD WINDSTAR
Limited, van wagon, V-6 cyl. engine, leather seats, A/C, CD player and more
$44.22** WEEKLY @ 24 MONTHS
SALE PRICE $2,995

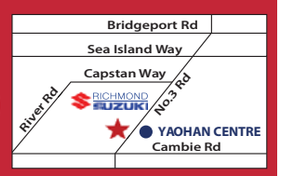
V14567A
2009 FORD FOCUS SES
Leather seats, sunroof, A/C, power group, automatic, power windows and more
$45.23** WEEKLY @ 60 MONTHS
SALE PRICE $7,995

AB10580
2006 MAZDA 5
Great value, 4-speed automatic, keyless entry, CD, power group, A/C and more
$52.91** WEEKLY @ 60 MONTHS
SALE PRICE $9,495

AB10542
2010 SUZUKI SX4 JX
Low mileage, cloth seats, roof rails, power group, A/C, folding rear seats and more
$55.47** WEEKLY @ 60 MONTHS
SALE PRICE $9,995

Terms based on at 4.99%/*4.97%/**6.99% OAC, with $0 down payment (subject to credit approval) over varied month terms as listed. OAC weekly payment. Documentation fee $795. DL #31151.

RICHMOND SUZUKI
3771 NO.3 ROAD, RICHMOND, BC 1.888.904.6759
OPPOSITE YAOHAN CENTRE www.richmondsuzuki.com



Liquor ad laws

A whisky fair by any other name will taste as sweet?

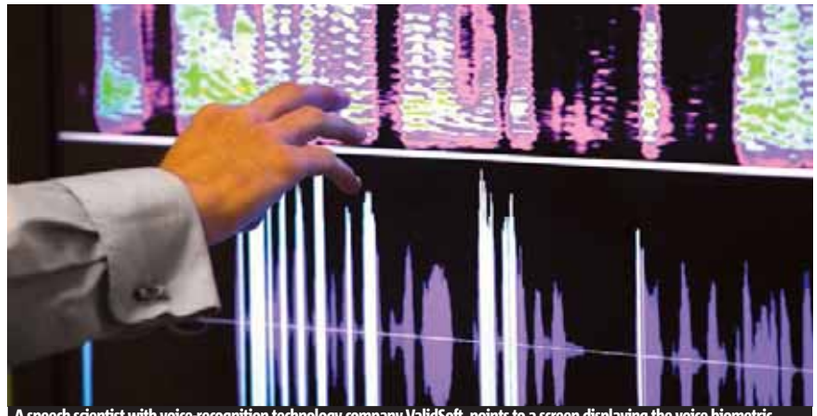
It's a whisky trade fair. But it can't say it is.

Authorities in Finland have ordered the Beer and Whisky Expo Finland 2014 to change its name, arguing it violates Finland's law against advertising liquor. The event will now be called simply a beer expo, since advertising mild alcoholic beverages such as beer, is allowed.

THE ASSOCIATED PRESS

Get ready to speak up; voiceprints taking off

Voice biometrics. Technology set to become the 'de facto standard' by 2017



A speech scientist with voice-recognition technology company ValidSoft, points to a screen displaying the voice biometric features of a telephone call during a demonstration at the company's office in central London in September. THE ASSOCIATED PRESS

Over the telephone, in jail and online, a new digital bounty is being harvested: the human voice.

Businesses and governments around the world increasingly are turning to voice biometrics, or voiceprints, to pay pensions, collect taxes, track criminals and replace passwords.

"We sometimes call it the invisible biometric," said Mike Goldgof, an executive at Madrid-based AGNITiO, one of about 10 leading companies in the field.

Those companies have helped enter more than 65 million voiceprints into corporate and government databases, according to Associated Press interviews with dozens of industry representatives and records requests in the United States, Europe and elsewhere.

"There's a misconception that the technology we have today is only in the domain of the intelligence services, or the domain of Star Trek," said Paul Burmester, of London-based ValidSoft, a voice biometric vendor. "The technology is here today, well-proven and commonly available."

And in high demand.

Dan Miller, an analyst with Opus Research in San Francisco, estimates that the industry's revenue will roughly double from just under $400 million US last year to between $730 million and $900 million next year.

Barclays PLC recently experimented with voiceprinting as an identification for its wealthiest clients. It was so successful that Barclays is rolling it out to the rest of its 12 million retail banking customers.

"The general feeling is that voice biometrics will be the de facto standard in the next two or three years," said Iain Hanlon, a Barclays executive.

THE ASSOCIATED PRESS

In Canada and beyond

TD Bank is now using voiceprints

Canada's TD Bank Group, the National Australia Bank Ltd. and the Bank of New Zealand are among the businesses allowing customers to sign into their accounts or skip call centre security questions by supplying a voiceprint.

California-based VoiceVault gives consumers the option of attaching "vocal signatures" to documents by speaking into the receiver following a telephone prompt.

Israeli company FST Biometrics is using voice biometrics to secure everything from apartment complexes to airports.

Georgia-based AnyTrax uses the technology to monitor low-risk offenders on parole.

The automated calls to an offender's home landline telephone prompts the person being monitored to repeat a random set of numbers into the phone.

THE ASSOCIATED PRESS

Skewering Yelp's business model

First the chefs of a small Italian restaurant got mad at online review site Yelp. Instead of trying to get better reviews, they decided to take a different approach: Get terrible ones.

The campaign helped Botto Bistro get a rating of one out of five stars, as more than 1,000 reviewers left hundreds of tongue-in-cheek reviews panning the Richmond, Calif., eatery, said chef Michele Massimo, adding that it boosted business.

It was the latest protest among businesses who for years have complained that Yelp was extorting them by raising or dropping ratings depending on whether they advertised with the Internet's most popular review site.

Yelp has persistently denied those claims on its website, in court and at every opportunity when the question is put publicly to the company.

"It wouldn't pass the straight face test," Yelp spokesman Vince Sullitto said of the extortion claims.

THE ASSOCIATED PRESS

EVER FOREX
匯聯
BEST EXCHANGE RATES GUARANTEED!
• Money Exchange
• Worldwide Money Transfer
• 24*7 Online Trading
Live Rates: everforex.ca • Toll Free: 1 800 699 4816
LOCATIONS IN VANCOUVER, RICHMOND, BURNABY, SURREY, MARKHAM, TORONTO & WORLDWIDE

No more credit card debt?

A **consumer proposal** can help you reduce and consolidate your debts, give you one manageable monthly payment, protects your assets. Theres no reason to be stuck with debt you can't repay, we can help.

Free, confidential and no obligation consultations in-person or over the phone:

Toll free: 310-8888 or visit GTdebt.ca

Sandra Soroka
Senior Manager
E Sandra.Soroka@ca.gt.com

Blake Elyea, CGA, CIRP
Proposal Administrator, Trustee
E Blake.Elyea@ca.gt.com

Evening & Saturday appointments available

Grant Thornton
Proposal Administrators & Trustee in Bankruptcy

NEW RICH KID 'REALITY' SHOW IS ANYTHING BUT

SHE SAYS

Jessica Napier
metronews.ca

First came the Real Housewives; now come the wealthy daughters.

Television audiences seem to have an insatiable appetite when it comes to voyeuristic faux-reality shows about the lifestyles of the rich and desperate-to-be-famous. In Vancouver, local television producer Kevin Li is set to launch a new web-based reality series focused on the city's affluent Chinese-Canadian population. The name says it all, really: Ultra Rich Asian Girls of Vancouver.

This "reality" show (which certainly requires the use of air quotes around the word reality) claims to offer a glimpse into the excessive lives of some of the city's wealthiest residents. The YouTube promo features two minutes of beautiful young women preening themselves and gossiping to the camera about important issues such as plastic surgery and the unforgivable faux pas of bringing the wrong designer handbag to a front-row seat at a fashion show. The actual plot of the show is still a bit of a mystery, but rumour has it the stars will "compete in various shopping and lounging activities." I hate every part of this concept, but will likely watch out of morbid curiosity. The series is produced by HBIC.tv, which is an acronym that I'll assume refers to the Internet-famous phrase Hot Bitch In Charge. What these women are actually "in charge" of remains to be seen. Surely not their own bank accounts, which are likely controlled by their affluent parents.

And large numbers of ultra-rich immigrants moving to Vancouver could actually be a very interesting cultural phenomenon to focus the lens on, but you'd never know it from this show.

For years, Canada's controversial Immigrant Investor Programme (IIP) attracted an influx of foreign investors to the city, the vast majority from mainland China. The so-called cash-for-citizenship program was scrapped earlier this year, but the impact on the local economy could be long-lasting. Wealthy migrants have injected money into the local economy, but they've also helped drive up housing prices in the Lower Mainland region and made the area one of the most expensive real estate markets in the country, according to a recent Report on Business article entitled Vancouver's real estate boom: The rising price of "heaven." Vancouver is now the second-least affordable city in the world, according to a 2014 report from U.S. think tank Demographia, which some say is directly linked to the influx of wealthy immigrants. But you'd never glean that from watching highly fabricated shows such as Real Housewives and Ultra Rich Asian Girls, which focus instead on product placement for luxury wristwatches and inciting petty drama between the stars.

The upcoming web series has yet to debut, but will likely fizzle out. After all, how many hours can anyone spend watching young women flaunt their family money and cry over bad hair extensions? While it might be a fun escape to watch spoiled pretty young things burn through their fortunes, for most us, this is the furthest you could possibly get from reality.

Metro Bitstrips caption contest

Today's winner: Shannon McParlane

Become a cartoon star!

Visit metro.bitstrips.com on your mobile device to create an avatar and add your caption to the next comic. The funniest entry will be printed here . Check out today's runners-up by scanning the cartoon with your Metro News app.

MetroTube

You'll never believe what happens next in this video about something or other

ANDREW FIFIELD
andrew.fifield@metronews.ca

Listen, we know the whole "the less we tell you about it, the better" is a hackneyed way to introduce things — but it's the only proper way for this video. Here are the basics, though: It's an 11-second display of highly honed marksmanship. Maybe.(YouTube/ umair kahn)

ISTOCK

Twitter

@metropicks asked: A family abandoned its new home after finding out it was infested with thousands of venomous spiders. What's the worst surprise you ever found in a purchase?

@speirsr: Purchased a home, found a momentary sense of self-worth, and... rodents aka FREE pets! Yay!!!

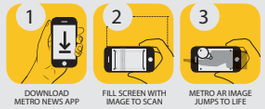
@AbeOudshoorn: The drop ceiling in our basement being full of used needles and other drug paraphernalia was...unfortunate.

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 15 in Scene, page 20 in Life and page 22 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



Star Media Group President John Cruickshank • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Vice-President & Editor-in-Chief, Metro English Canada** Cathrin Bradbury • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Vancouver** Jeff Hodson • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Chris Mackie • **Distribution Manager** George Acimovic • **Vice President, Content & Sales Solutions** Tracy Day • **Vice-President, Sales** Mark Finney • **Vice-President, Finance** Phil Jameson • **METRO VANCOUVER** 375 Water Street - Suite 405 Vancouver, BC V6B 5C6 • **Telephone:** 604-602-1002 • **Fax:** 604-648-3222 • **Advertising:** 604-602-1002 • adinfovancouver@metronews.ca • **Distribution:** vancouver_distribution@metronews.ca • **News tips:** vancouver@metronews.ca • **Letters to the Editor:** vancouverletters@metronews.ca

honda.com

HONDA

Savings you'll flip over

The Honda 2014 MODEL CLEAROUT

UP TO $3,000*

CASH PURCHASE INCENTIVE ON SELECT 2014 MODELS

OR 0.99% ON EVERY NEW 2014 HONDA. LEASE# OR FINANCE†

2014 CR-V

UP TO $3,000*

CASH PURCHASE INCENTIVE ON SELECT 2014 MODELS

Starting from MSRP $27,685**
includes freight and PDI

Model:
CR-V Touring RM4H9EKNS

2014 CIVIC

$2,000*

CASH PURCHASE INCENTIVE ON SELECT 2014 MODELS

Starting from MSRP $19,990**
includes freight and PDI

Model:
Civic Si FB6E5EKV

2014 ACCORD

UP TO $3,000*

CASH PURCHASE INCENTIVE ON SELECT 2014 MODELS

Starting from MSRP $25,685**
includes freight and PDI

Model:
Accord Touring CR3F9EKN

Hurry in to save BIG while selection lasts.

HONDA

*$2,000/UP to $3,000 Honda cash purchase incentive is available select 2014 Civic models (2D LX, 2D EX, 2D EX-L NAVI, 2D Si, 4D LX, 4D EX, 4D Touring and 4D Si), select CR-V models (LX, EX, EX-L, Touring) and select 2014 Accord models (2D EX, 2D EX-L NAVI, 4D LX, 4D Sport, 4D EX-L and 4D Touring). Honda cash purchase incentive will be deducted from the negotiated price after taxes and cannot be combined with special lease or finance offers. #Limited time lease offer based on select new 2014 Honda models through Honda Canada Finance inc. O.A.C. Lease example based on a new 2014 Civic 4D DX SMT model FB2E2EEX and a 48 month lease term available only through Honda Canada Finance Inc. O.A.C. 0.99% lease APR for 48 months O.A.C. Bi-weekly payment, including freight and PDI, is $88.79 based on applying $1,075.00 lease dollars (which is deducted from the negotiated selling price before taxes). Down payment of $0.00, first bi-weekly payment, environmental fees and $0 security deposit due at lease inception. Total lease obligation is $9,234.16. Taxes, license, insurance and registration are extra. 96,000 kilometre allowance, charge of $0.12/km for excess kilometres. †Limited time 0.99% finance offer based on select new 2014 Honda models only through Honda Canada Finance Inc. O.A.C. Finance example based on a new 2014 Civic 4D DX SMT model FB2E2EEX and a 48 month finance term available only through Honda Canada Finance Inc. O.A.C.: $17.185 at 0.99% per annum equals $410.46 monthly for 48 months. Freight and PDI of $1,495 included. Cost of borrowing is $393.01, for a total obligation of $19,702.08. Down payment of $0.00, first monthly payment, environmental fees and $0 security deposit due at finance inception. Taxes are extra. Finance on approved credit for qualified customers only. **MSRP is $19,990 / $27,685 / $25,685 based on a new 2014 Civic 4D DX SMT FB2E4EEX / CR-V LX 2WD RM3H3EES / Accord 4D L4 LX 6MT CR2E3EE including $1,495 / $1,695 / $1,695 freight and PDI. ***Prices and/or payments shown do not include PPSA lien registration and lien registering agents's fees, which are due at time of delivery. Dealer may sell for less. Dealer trade may be required. For all offers lewes (air conditioning tax of $100 and tire/battery tax of $25), license, insurance, applicable taxes and registration are extra. Offers valid from October 1st through 31st, 2014 at participating Honda retailers. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your BC Honda retailer for full details.

Game's up! It's not just play

Avatar Secrets. A video game may be an unlikely place to uncover who you are, but that is where interactive producer Ramona Pringle began to change her life

metro AR Ramona Pringle explores what online play taught her about the real world in the 10-part documentary Avatar Secrets. Scan this image with your Metro News app for a video of Pringle talking more about the series and why she hopes you enjoy it. CONTRIBUTED

Moving back to Toronto from New York to care for her ailing mother, and breaking up with her boyfriend, Pringle discovered the world of MMOGs (massively multiplayer online games). She created her own avatar, Tristanova, and through her online play made discoveries about the real world. With Avatar Secrets, a 10-episode documentary commissioned by TVO, Pringle tells her story, examining the online and real worlds and what she learned in both about love, life and relationships.

Over the next 10 days, we will be posting a daily chapter from Avatar Secrets online at metronews.ca/avatarsecrets. To get things started, we asked celebrated Canadian author Douglas Coupland to virtually interview Ramona about the project.

Douglas Coupland D.J. WEIR

Obviously people are going to wonder how much of this is your own life. Which parts are the most — and which parts are the least — like your own life?
It's an interesting question. One of the big themes I was exploring is: what is real in our increasingly digitized, virtual, networked lives?

There are some moments from my experience in the game that are particularly poignant for me. When I signed up to play the game, I chose to be a healer, because I'm not interested in violent video games ... but for my first quest in the game, I had to hunt, and it was shocking to me how visceral the experience was, and the discovery of just how real those emotions could be.

There's a sequence early on where I realize I've been running in circles, for hours, and that frustration of feeling like it was "just a game" and not realizing the complexity of what I'd gotten myself into, is a very real moment.

The animation's terrific. Is that you?
It's me! We have this small amazing team that I think more closely resembles a band than a standard animation pipeline. Everyone is working in unison, and there isn't a single frame that everyone from our team hasn't influenced.

Maybe what's most unique about this project is that it's not just me.

My mom, Michaele Jordana, who is in the story, is also the project's creative director and brought to Avatar Secrets a wealth of experience as a fine artist, and a commitment to infusing this project with wonder. Olney, the animator, is one of my very best friends, and is also in the story. Mike, the illustrator, is in one of the scenes if you look closely!

Developing any app is usually very expensive. Did you have to overcome financial obstacles in the making of the project?
We are very fortunate to have support from a number of sources including TVO, our broadcast partner, and Ryerson University, where I am a professor.

For the creative team, this was a labour of love. From the beginning, everyone got involved because it was more than just a job: the story is timely, the issues are relevant to our lives, and the whole team really believes in innovation, in doing something new and pushing the boundaries.

Games! Which ones do you play and which ones have a soft spot in your heart?
Avatar Secrets is based on my experience as a "noob" — an uninitiated player — in World of Warcraft.

But the truth is, I entered into that game world with one foot in and one foot out.

As much as I was playing to win, I was there as an explorer, a virtual tourist, a researcher. I have tons of games installed on my phone — more casual games that don't require a year to complete and take over your life! — and I still love classic board games and card games.

Games — or rather play — have a new relevance and centrality to culture that they haven't had in the past.

Your project looks like it could be very addictive. Where do you see it going in the future, a few years down the line, say?
Avatar Secrets has been designed with layers of content, so that you can come back to it repeatedly.

There's the main storyline, but then there is a ton of expert commentary and extra content. ... there are multiple entry points. One person might choose to engage with the project chapter by chapter and explore all of the content. Another might choose to view the whole project in "movie mode," and then return to the experience and dig into the expert interviews and commentary.

As for what's next ... We are premiering in Canada, and will be launching in the U.S. and internationally. We're launching as an interactive documentary for the iPad, but we have plans to version the project for other platforms — from Android to television.

I created this avatar, Tristanova, at the beginning of this crazy, incredible journey, and in the process, as much as she was me, she took on a life of her own. When I finished my journey, I logged out of the game world. But she still exists, waiting online for our next adventure.

Episode One: Change

metro AR

Hesitant at first about what she is getting into, Ramona creates her avatar, Tristanova — a healer — and soon discovers Avatar Secret number one. "The divide that we draw between the virtual and the real is illusory," says Jessica Hammer, a researcher at Columbia University. Scan this photo for a video of Hammer talking about digital games and why they seem strange to us.

COMMISSIONED BY TVO, AVATAR SECRETS IS AN ONLINE DOCUMENTARY THAT EXPLORES THE ALLURE OF THE VIRTUAL WORLD AS A NEW FRONTIER FOR CREATING EMPATHETIC CONNECTIONS AND PURSUING SELF-DISCOVERY.

Watch the series

Visit metronews.ca/avatarsecrets over the next few days as we post daily chapters from Avatar Secrets.

- **Collector cards.** You can also download 10 collector cards from the series.

Edgewater Casino

2X! DOUBLE YOUR BALLOTS EVERY MONDAY!* 2X!

FALL FIAT FRENZY!

FOUR WEEKS. FOUR FIATS.

WE'RE GIVING AWAY A FIAT EVERY WEEK IN OCTOBER!

OCTOBER 2 - 29

WIN A FIAT 500 POP **EVERY WEEK** IN OCTOBER!

DRAWS EVERY **WEDNESDAYS** AT 9PM

PLAY SLOTS OR TABLE GAMES TO EARN BALLOTS

3 Bonus Ballots until October 15th at 8pm

*Double your ballots for your play on Mondays only.

Proudly sponsored by FIAT OF VANCOUVER

1428 Main Street / fiat-of-vancouver.com

5TH ANNUAL

WCPC

WEST COAST POKER CHAMPIONSHIP

OCTOBER 16 - 26, 2014

PRIZE POOL OVER $1,000,000!

REGISTER TODAY!

Satellite information: 604.408.4060 | edgewatercasinopokertournaments.ca

Across from BC Place • 750 Pacific Boulevard S., Vancouver • edgewatercasino.ca

Edgewater Casino, Vancouver @CasinoEdgewater

bclc Know your limit, play within it. GameSense 19+

Financier Michael Wekerle is one of the new judges on Dragon's Den. KEITH BEATY/TORSTAR NEWS SERVICE

Two new dragons enter the CBC den

Entrepreneurial spirits. A rock 'n' roll finance wizard and Vancouver chef Vikram Vij sign up for a bit of prime time fire-throwing

Quoted

"We all have a lot of experience in deals, but obviously he has the most."

Dragons' Den judge David Chilton on new addition Michael Wekerle

Bay Street financier Michael Wekerle, billed as "Mick Jagger meets Warren Buffet," and Vancouver restaurateur Vikram Vij are the newest additions to CBC's Dragons' Den.

Returning for a ninth season Wednesday, the newbies join Jim Treliving, Arlene Dickinson and David Chilton to judge Canadians' business ideas and dole out cash to those deemed worthy.

Wekerle has a reputation for being a rock star in bankers' clothing, known for his wild lifestyle as much as his business acumen. But he said he brings a sense of humanity to the show.

"I believe in certain core values and I'm glad to say that all the Dragons ... I find, are very, very strong and ethical people," he said. "Respect, loyalty, generosity, honesty, reciprocity and the best word, empathy — those are the words that I live my life by."

He said he proved his talents on the Toronto Stock Exchange trading room floor at age 18. He went on to make fortunes investing in media and tech companies, including BlackBerry maker Research In Motion. Dubbed "The Oracle of Bay Street" by Toronto Life magazine, Wekerle now oversees a vast investment portfolio and most recently founded the merchant banking firm Difference Capital.

Chilton said that Wekerle brought a sense of "unpredictability" to the show — in a positive way. He said he looked at deals from a perspective that the other Dragons hadn't.

"We all have a lot of experience in deals, but obviously he has the most. You've probably got the most in the country, in some ways. So I thought there was imagination there and creativity in some of the deal structures that was neat to see. I bet some people at home are going to say, 'Wow, never seen that in the previous eight years,"' he said.

Vij, meanwhile, is well-known in Vancouver for his popular Indian fusion restaurants and cookbooks. Born in India, he left home at age 20 to pursue his culinary dreams, eventually opening his first restaurant, Vij's, in 1994.

"I've done it for 20 years now. It's time for younger entrepreneurs, younger chefs, to come in and create a newer buzz there. It's funny because the other day, somebody in the restaurant industry called me a veteran, and I was like, 'Oh my God, just 20 years ago, I was called a newbie.' So it felt kind of good," he said.

Vij has previously appeared as a judge on CBC's Recipes to Riches and Food Network's Top Chef Canada and Chopped Canada. He said he brings a few new elements to the table.

"One is that immigrant attitude of saying, 'Here I am, studied in Europe, I came here, through sheer hard work and honesty, we managed to get to this point, to the finish line.'

"I think (I represent) a sector of the industry that has never been represented as often on the panel, a restaurant industry," he said.

THE CANADIAN PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Cannon erases his traces of Mariah

STARGAZING
Malene Arpe
scene@metronews.ca

Nick Cannon covers up his "Mariah" back tattoo with a hideous crucifixion/angel-wing mash-up. It symbolizes his religious faith and new beginnings and also serves as a constant reminder that tattooing someone's name across your back in massive letters is a sure way to end up with a hideous crucifixion/angel-wing mash-up.

This Week in Braids: 1) Willie Nelson's braids sold for $37,000 at auction. 2) One Direction's Harry Styles has started French-braiding his hair. 3) Swedish TV eliminates some very offensive language before rerunning the iconic Pippi Longstocking series.

It sounded like Mariah Carey was very angry when, while performing live in Japan, she changed the lyrics to an old song and sang "I know you cheated mother-bleeper." "Whatever," said Nick Cannon, "Angel-wing-Jesus-terror will protect me."

This Week in Television Announcements: 1) Everyone gets really excited when it's announced that Twin Peaks is returning. 2) John Cusack and Cameron Crowe get really upset when NBC announces a Say Anything TV show. 3) No one realizes Dallas is still on when it's announced the show has been cancelled.

Mark Wahlberg's new six-acre property has a wine cellar, a library, a home theatre, two Jacuzzis, a slide, a diving board, a putting green and a basketball court. While you may be shocked to learn Mark Wahlberg has a library, it's probably more surprising that he doesn't have a boathouse shaped like a sneaker.

Justin Bieber and Karl Lagerfeld are collaborating on a top-secret, as-yet-unknown project. Possible guesses as to what they could be doing together include: 1) Wispy moustaches for cats. 2) Drop-crotch tattoos. 3) Self interest. 4) Sneers.

Sony plans to develop Robin Hood characters into a multi-film cinematic universe. I bet I'm not the only one looking forward to Friar Tuck: The Tuckening.

There's no place for children in the Swift life

Taylor Swift might have gone off the whole idea of having kids, and it's apparently all the paparazzi's fault.

"I don't know if I'll have kids," she tells InStyle.

"It's impossible not to picture certain scenarios and how you would try to convince them that they have a normal life when, inevitably, there will be strange men pointing giant cameras at them from the time they are babies."

I'm guessing she's seen the kind of emotional toll that lifestyle has taken on her cat, Olivia Benson.

And I mean, it makes sense, if she's not even willing to leave her cats at home when she goes out.

Taylor Swift

Bynes back in L.A. for mental health help

Amanda Bynes

Amanda Bynes is back on the west coast and back in treatment. According to TMZ, the former All That star returned to L.A. over the weekend and has been admitted to the Las Encinas mental health facility in Pasadena. "Amanda agreed to come back to Los Angeles," a source says. It is expected that her parents will return to court this week to request a reinstatement of their conservatorship, which expired in August.

WATCH **MURDER SHE WROTE & COLUMBO** AND **WIN A TRIP FOR 2** TO **"INVESTIGATE" AMERICA!**

Weekdays at **4 & 5PM** PST

Answer the daily case question and enter to **win a 4-night trip for 2 to Boston** from **Flight Centre**

visiontv.ca/investigateamerica

Shaw 120 | Novus 24 | Telus Optik 871
Bell Satellite 261 or check your local listings

VISION
ZOOMERTV
NEWS · MOVIES · MUSIC · FAITH

FLIGHT CENTRE®
The Airfare Experts

Health care's digital evolution

Trends. These are five ways in which the face of medicine may change in the future

EVA KIS
Metro in New York City

As health care goes digital, it may become possible to do an ultrasound from the comfort of your own home. ISTOCK

The field of medicine is beginning to resemble Silicon Valley, says Unity Stokes, president of StartUp Health — an organization that provides coaching to startup health entrepreneurs.

"We believe that it's going to be the entrepreneurs, innovators, the doctopreneurs that are going to reinvent health care," he says.

Driving the rise of small companies in the medical field is the end of one-size-fits-all treatments.

"I think for many years, people have been binned into broad categories," says Stokes. "But now, new technologies are enabling us to really be treated as individuals, to understand your health on a personal level."

Digital assistants — apps, wearable gadgets and smart devices such as Vessyl — are loaded with more and more personal data, quantifying steps, heart rate and hours slept.

These technologies are giving people a more complete picture of their well-being — and changing doctors' role. Stokes gives us a preview of the trends in health care.

At-home diagnostics

"I think our concept of what a hospital is will completely change over the coming decade. You'll start to see a lot more care being done in your home. Imagine being able to do an ultrasound from your iPhone or your tablet right from the comfort of your own home, and then beam that image to your doctor," Stokes says, adding that accessing your health information should be as easy as getting a car with Uber.

Truly preventive medicine

"We're seeing the cost for consumer genomics come down," says Stokes.

Hundreds of medical issues have been tied to genetic abnormalities, and being able to understand your DNA and how it may impact the conditions you're at risk of developing can shape your behaviour, including whether you should seek testing sooner than the recommended age.

Looking inside for answers

Besides genome mapping, another important area of focus will be to decipher our personal microbiomes to "understand what's going on in the ecosystem inside of you," says Stokes.

Gut bacteria, whether they're absent or the wrong strain, have been tied to health issues including mood disorders and obesity. Scientists are looking at how food and sleep influence these colonies and the extent of their health effects.

Wearables are just the start

Health reflects lifestyle, and objective data on nutrition, sleep and exercise is crucial for an accurate profile.

"We're going to start to see health and wellness being integrated into every aspect of our lives, oftentimes in invisible ways, whether that's designed into your refrigerator, your car seat or your phone," says Stokes.

Better habits by design

Innovation is not always about making something new but rethinking what we're already using.

"(Engineers) can start with simple design: How is a refrigerator designed to make sure you eat the healthiest foods first? And then you can do all sorts of high-tech things: Put sensors in there to track what you're eating and how frequently, and correlate that with how you're feeling and how you're sleeping every day."

FCR Foreign Credential Recognition Loan Project

Are you:
- An Internationally Trained Professional wishing to return to your field of work in Canada?
- A Canadian Citizen or Permanent resident residing in BC?
- A recipient of foreign credentials or designations?
- Lacking affordable financial support to cover:
  - Tuition fees for short-term training
  - Qualification Assessment
  - Professional Association Fees
  - Examination Fees

We can HELP! We offer a competitive low-interest loan ranging from $1,500 to $15,000! Contact us to learn more about this great opportunity.

#238- 8131 Westminster Hwy, Richmond, BC V6X 1A7
604-232-1100 | fcrloaninfo@success.bc.ca | www.success.bc.ca/FCRloan

S.U.C.C.E.S.S. Employment Services

Canada Funded in part by the Government of Canada's Pan-Canadian Innovations Initiative

metro

THE HANDY POCKET VERSION!

Get the news as it happens

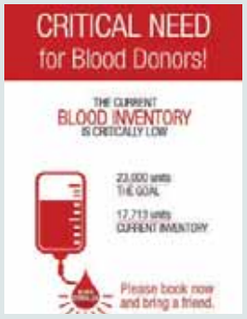
Download the Metro News App today at metronews.ca/mobile

For your phone

GiveBlood (Android; iPhone; iPad/ free)

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

This official Canadian Blood Services app will help you find a nearby clinic, book or cancel an appointment, track all your donations, and monitor when national supplies are critically low.



What's good for you and Rover, too

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In this month's Best Health magazine, Jackie Middleton checked out which human foods are OK to feed your pet.

Of course, not all human food is OK for pets. Grapes, chocolate and onions can be toxic, while some foods, such as cheese, tend to be fatty.

Dr. Jim Berry, a Fredericton veterinarian, says ideal table foods for pets are low in salt and fat, high in nutrition, and should make up less than 10 per cent of their diet.

"If you're feeding two cups of commercial dog food a day, you can give a tablespoon or two of human food with each meal," he says. Here are five ideas (but talk to your vet about what's right for your pet).

Items that are safe for your dog to eat include eggs, carrots and canned salmon. ISTOCK

Pumpkin
Due to its high fibre content, pumpkin can help settle diarrhea and constipation. Cut it into small raw cubes, or use canned puréed pumpkin. "For a Labrador-size dog, try a couple of tablespoons twice a day; for a small pet, go for less," says Berry.

Don't give your dog too much too soon, as that can cause upset such as diarrhea and vomiting, or worsen existing diarrhea.

Canned Salmon
Salmon is a moderate-fat protein, and omega-3 fatty acids will help keep your pet's coat shiny and healthy. Treat a large dog to two or three tablespoons (30-45 ml); a teaspoon (5 ml) will be plenty for a small dog such as a Yorkshire terrier.

Carrots
Bursting with fibre, raw carrots are crunchy low-calorie snacks that may help with bowel function, and remove plaque from teeth. "You can substitute carrots for commercial dog treats," says Berry. A big dog could have three or four baby carrots daily; a small dog, one or two."

Green beans
"In diabetic pets, a few green beans may help control blood sugar levels," says Berry. Cooked or raw, they also contain fibre and micronutrients.

Egg
Boost your pet's protein, folate and vitamin A intake with hard-boiled, or butter-free scrambled, eggs. Avoid raw egg and the shell; there's a risk of salmonella. "Most dogs won't get diarrhea, but they can carry salmonella on their tongue, which could in turn make you sick," says Berry.

FOR MORE HEALTHY LIVING IDEAS, FROM FITNESS TO FASHION TO FOOD, PICK UP THE OCTOBER ISSUE OF BEST HEALTH MAGAZINE, ON NEWSSTANDS NOW. SUBSCRIBE AT BESTHEALTHMAG.CA.

Bees' stingers hold hope for cancer cure

A promising new lead in the search for a cancer cure has turned up in a place that most people naturally avoid.

A team from the University of Illinois has discovered that bee, snake and scorpion venom contains toxins that can kill cancerous tumours.

"We have safely used venom toxins in tiny nanometre-sized particles to treat breast cancer and melanoma cells in the laboratory," says research leader Dr. Dipanjan Pan.

The venom is encapsulated in tightly packed nanoparticles to avoid leakage and potentially harmful side effects such as damage to nerve cells or the heart muscle, blood clotting and bleeding beneath the skin.

The potential life-saving effects of these deadly toxins have been investigated before.

Ancient civilizations explored their use in the treatment of arthritis and neurological disorders.

But modern lab-synthesized versions of the venom's potent proteins and peptides ensure that there will be no issues with large-scale production.

Bee, snake and scorpion venom contains toxins that can kill cancerous tumours. ISTOCK

The substance from bees, melittin, prevents cancer cells from multiplying.

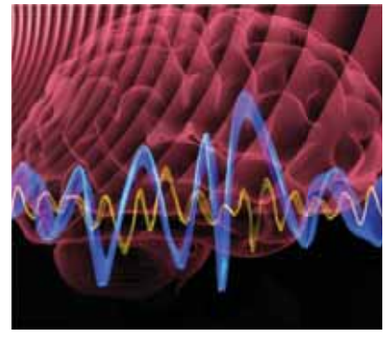
Pan explains that "venom from snakes and scorpions will work by inhibiting cancer stem cell-signalling pathways."

The team, which presented its findings at the National Meeting of the American Chemical Society in San Francisco, believes that it will take another three to five years until the first human trials can commence.

EVA KIS, METRO IN NEW YORK CITY

BIOFEEDBACK FOR THE BRAIN
DISCOVER THE BENEFITS OF NEUROTHERAPY

Do you, or does someone you know, suffer from:



- Depression
- Anxiety
- Sleep problems
- ADHD
- Brain injury
- Learning difficulties
- PTSD
- Other conditions associated with inefficiencies in brain functioning

Swingle Clinic is one of the largest clinics providing neurotherapeutic treatments in North America and is visited by more than 13,000 people per year. Come and learn why many people choose neurotherapy as their treatment method. We will describe the "brain mapping" procedure that precisely identifies symptoms, and the methods used to correct brain inefficiencies.

SWINGLE CLINIC

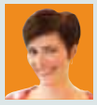
Admission is free; seating is limited.

When: THURSDAY, October 30th 2014 at 7 PM
Where: Central Library - Alice MacKay Room, 350 W Georgia, Vancouver BC

RSVP 604-608-0444 or reception@swingleclinic.com

Health Solutions

There is no one-size-fits-all potato



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Potatoes get a raw deal. They are a delicious and nourishing vegetable, and yet they get lumped in with all the "bad carbs."

Loaded with potassium and fibre, among other key stress-fighting nutrients, they also contain lysine, which is an important amino acid missing from many grains — and therefore missing from some vegetarian diets.

Different potato varieties behave differently with each cooking method, so I went to the expert, Trevor Downey, a fourth-generation potato farmer from Ontario and the president of Downey Farms and Bistro Fresh, to find out what's what.

"Methods of cooking make proteins and starches behave differently; some need dry heat, others water," he says. "Some are made to fall apart into a creamy mash, others you want to hold together in a pot of water. The right potato looks lovely and has just the right push back against the fork when roasted in the oven."

Here is your cheat sheet:

- Yukon Gold is best for mashing.
- Small red potatoes are excellent for roasting.
- Russet potatoes are the only answer for baking.
- White potatoes are the most firm for boiling.

Using the right potato for the right job makes your job easier. There is no one-size-fits-all potato, but they all have more potassium and much less sugar than that banana you keep hearing about. No need to be afraid of potatoes anymore.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

You say potato, we say stuff it with a hearty filling, please

Chili Stuffed Baked Russet Potato. As the temperatures begin to dip a little bit, warm up with this filling dish

THERESA ALBERT
myfriendinfood.com

Nothing says hearty fall meal like baked potatoes and chili. This version is lean, filling and perfect for a weeknight meal .

Both parts can be made ahead and stored in the fridge for up to five days, which makes it perfect for doubling and therefore making it your "eat in front of the game" meal. A simple microwave warming and mixing together is all you will need ... plus a cold beer.

Ingredients

- 4 small russet potatoes
- 1 tsp extra virgin olive oil
- 1 onion, chopped
- 1/2 lb ground turkey
- 1 tbsp chili powder
- 1 teaspoon cumin
- 2 cups tomato sauce
- 1 can kidney beans, drained
- 4 oz blue cheese, crumbled

FLASH FOOD

From your fridge to your table in 30 minutes or less

1. Scrub potatoes and poke with a knife in four places.

2. Place on tin foil-lined baking sheet and then place into a 400 F oven for 30 minutes. (If the potatoes are larger, you may need to cook them longer.)

3. In pot, brown onion in oil and stir in ground turkey. Cook 10 minutes, stir in chili powder, cumin and tomato sauce. Cover and cook chili 10 minutes and then stir in kidney beans.

4. When potatoes soft, take out of the oven and allow to cool slightly then cut a crosswise slit in the centre of each one and squeeze the sides. Top each potato with chili and blue cheese. Serve with a salad.

THERESA ALBERT IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

metro AR This recipe takes about 30 minutes to make and serves four. Scan this picture using your Metro News app to see a video of Theresa learning all about the wide range of potatoes. THERESA ALBERT

RiverRock CASINO RESOURCE
LOBSTERFEST
AT THE BUFFET!
COME AND JOIN US FOR LOBSTERFEST AT THE BUFFET
LOBSTER ADD-ON
MONDAY-WEDNESDAY ADD TWO FRESH ATLANTIC LOBSTER TO YOUR BUFFET DINNER. MADE TO ORDER IN THREE STYLES. TWO WHOLE LOBSTERS FOR $12.00 (APPROX 1LB TOTAL). ADDITIONAL LOBSTERS $8.00 EACH
STANDARD BUFFET DINNER MUST BE PURCHASED IN ORDER TO ADD-ON LOBSTER:
ADULT $25.95 | SENIOR $22.95 | CHILD $12.95
MONDAY – WEDNESDAY | 5PM – 9PM
AVAILABLE SEPTEMBER – OCTOBER
VISIT RIVERROCK.COM/BUFFET
8811 RIVER ROAD, RICHMOND, BC (EXIT AT BRIDGEPORT STATION)
ALEXANDER KEITH'S
thebuffet
PRIZE DRAW AND DRINK SPECIALS

NATIONAL READING CAMPAIGN
Reading gets us places. Help us take reading to a whole new level at nationalreadingcampaign.ca
TD metro TORONTO STAR thestar.com
Strong Supporters of Literacy

CFL

Lions defence remains stingy

The B.C. Lions defence continued to do its thing. The biggest difference, this time, was the offence came out of its slumber.

How long the latter's wakeup call will last remains a mystery.

The Lions had Monday off and head into another bye week following a 41-3 whipping of the Ottawa RedBlacks on Saturday before a crowd greater than 31,000 fans — while at the same time the Vancouver Canucks played their home opener right next door.

It was win-win for the Lions.

Their defence continues to be the backbone. It hasn't allowed an opposing touchdown in three straight games, and five of the last six games.

"I remember … a couple years ago where we did have a bend-don't-break mentality where we didn't give up a lot of touchdowns but (the opposition) would march the field quite a bit on us," said linebacker Adam Bighill. "For us, our mentality now, we don't want them to get a first down, we don't want them to drive the field at all.

"We have a, I would say, not-give-up-anything mentality."

The discrepancy between the defence compared to the offence has been highly noticeable for most of the season.

Led by quarterback Kevin Glenn, who threw for 345 yards and three touchdowns against the RedBlacks, the Lions offence erupted — finally.

Ernest Jackson racked up 195 yards receiving and Keola Antolin 157 yards rushing. CAM TUCKER/METRO

Whitecaps players hoist the Cascadia Cup after beating the Sounders on Friday in Seattle. JOSHUA TRUJILLO/SEATTLEPI.COM/THE ASSOCIATED PRESS

Whitecaps singing positive tune now

MLS. Vancouver has won three in a row as playoff race heats up

CAM TUCKER
cam.tucker@metronews.ca

It looked bleak not too long ago. The Vancouver Whitecaps couldn't score goals and couldn't win.

That was then, this is now. The vibe surrounding the club has shifted from concern and doubt to a sudden sense of optimism with two games remaining.

The Whitecaps got back to training on Monday, removed from their biggest victory of the season — a 1-0 performance on the road against the rival and Western Conference-leading Seattle Sounders FC on Friday — to a small throng of Southsiders supporters waving flags and serenading players with chants and songs.

These are good times.

Back on Sept. 20, following a 3-0 loss to the Portland Timbers, it looked like the Whitecaps' season was unofficially over, destined to end in disappointment thanks to another late-season swoon set to knock this team out of playoff contention.

Since then, the Whitecaps have reeled off three straight wins. They're fifth in the conference, one point up on Portland for the final playoff spot.

Portland also has two games remaining.

The Whitecaps are on the road to play the San Jose Earthquakes, last in the West, on Saturday.

"It's just the togetherness, the belief we have in the locker-room," said speedy forward Kekuta Manneh.

The Whitecaps now control their own fate. Keep on winning, and it won't matter what Portland does.

Sebastian Fernandez is eligible to return to the lineup, having served a one-game suspension for yellow card accumulation.

The Whitecaps will be without central defender Kendall Waston against the Earthquakes due to a suspension for yellow card accumulation.

Midfielder Gershon Koffie, out since the middle of August with a foot injury, took part in his first full training session Monday and could factor into the 18-man roster Saturday.

4 SPORTS

750,000 PROCEDURES.†
THAT'S EXPERIENCE
YOU CAN TRUST.
Free yourself from glasses and contacts today.
Book a free consultation at 1-877-663-9888 or lasikmd.com
- Dr. Richard Léger
LASIK MD VISION
Starting at $490/eye*
†Based on the collective experience of all LASIK MD surgeons. *Prices are subject to change without prior notice and vary based on prescription strength. Only applicable on a procedure for both eyes. Other conditions may apply.

Because you never forget your first time

Brad Hunt. Local boy savours his first NHL goal, scored in front of family and friends

CAM TUCKER
cam.tucker@metronews.ca

The dream of that first National Hockey League goal probably differs from player to player.

For the Edmonton Oilers' Brad Hunt, a product of the Coquitlam Express — formerly the Burnaby Express — in the British Columbia Hockey League, this achievement came close to a Hollywood movie script.

It took place in Vancouver, about a 45-minute drive west of Maple Ridge where he grew up, and in front of friends and family.

The Oilers' Brad Hunt scored his first NHL goal, opening the scoring for Edmonton in their loss to the Canucks in Vancouver on Saturday.
JEFF GROSS/GETTY IMAGES FILE

Hunt opened the scoring for the Edmonton Oilers against the Canucks in Vancouver's 5-4 shootout victory Saturday. His rocket of a one-time slap shot beat a screened Ryan Miller top corner.

"I'm going to remember that for the rest of my life," the 26-year-old Hunt said afterward.

"It's such a cool feeling to do it in front of your family and friends and the people that supported you through the tough times and the good times."

Hunt's rise to the NHL is a classic underdog story. He's only five feet, nine inches tall and was never drafted.

He impressed with the junior 'A' Express and earned a scholarship to Bemidji State University.

After four years there, he joined the AHL's Chicago Wolves, before signing with the Edmonton Oilers, spending much of last season with their minor-league affiliate in Oklahoma City.

A late bloomer given his age, Hunt began this season with the Oilers in the NHL.

"It's an unbelievable feeling to even be in the running to be here, never mind being here," he said.

No. 13 was no bad luck here

CFL legend Anthony Calvillo poses as he was being honoured before the Alouettes' game against the Riders in Montreal, Monday. Scan the image with your Metro News app for a roundup of the weekend's CFL action. GRAHAM HUGHES/THE CANADIAN PRESS

metro AR

A 7-1 rout

Stamkos gives Habs a black eye

Steven Stamkos was a little upset at himself after not scoring a goal in the first two games of the season. He took out his frustration on the Montreal Canadiens.

Stamkos scored three, defenceman Victor Hedman had a career-high four points and the Tampa Bay Lightning routed the Habs 7-1 on Monday night.

"I've learned over the years that you stick with it, usually the flood gates open," Stamkos said.

THE ASSOCIATED PRESS

Spend a few hours a week with a boy or girl in your community and help them unlock their full potential. Start something today.

VOLUNTEER

604.876.2447 x236
bigbrothersvancouver.com
Big Brothers of Greater Vancouver

604.873.4525 x300
bigsisters.bc.ca
Big Sisters of BC Lower Mainland

604.530.5055
bbbslangley.com
Big Brothers Big Sisters of Langley

*Muscles and tights not required.

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Some people will seem more demanding than usual over the next 24 hours, but that's okay. You are willing and able to respond to their needs and that will help your reputation.

♉ Taurus
April 21 - May 21
A number of serious matters will have to be dealt with later in the week but today you can relax and enjoy the good things in life.

♊ Gemini
May 22 - June 21
Your enthusiasm for a project will reach new heights today but don't just throw yourself at it in one mad rush. A little bit of planning now will lead to huge benefits later.

♋ Cancer
June 22 - July 23
The best way to solve a relationship issue is not to issue ultimatums but to show a genuine interest in why the object of your affection seems so negative at the moment.

♌ Leo
July 24 - Aug. 23
You may still be anxious about certain issues but with Jupiter in your sign linked to values planet Venus today, it will all come good in the end.

♍ Virgo
Aug. 24 - Sept. 23
Refuse to be hurried today. The more others try to move you along, the more you should dig in your heels and demand to know why they are in such a rush.

♎ Libra
Sept. 24 - Oct. 23
Today's Venus-Jupiter link indicates that the setbacks of recent weeks will soon be a thing of the past. This is a time when even small efforts can yield amazing results.

♏ Scorpio
Oct. 24 - Nov. 22
Just over a week from now, a new solar year begins for you, so make sure your head and your heart are in a good place.

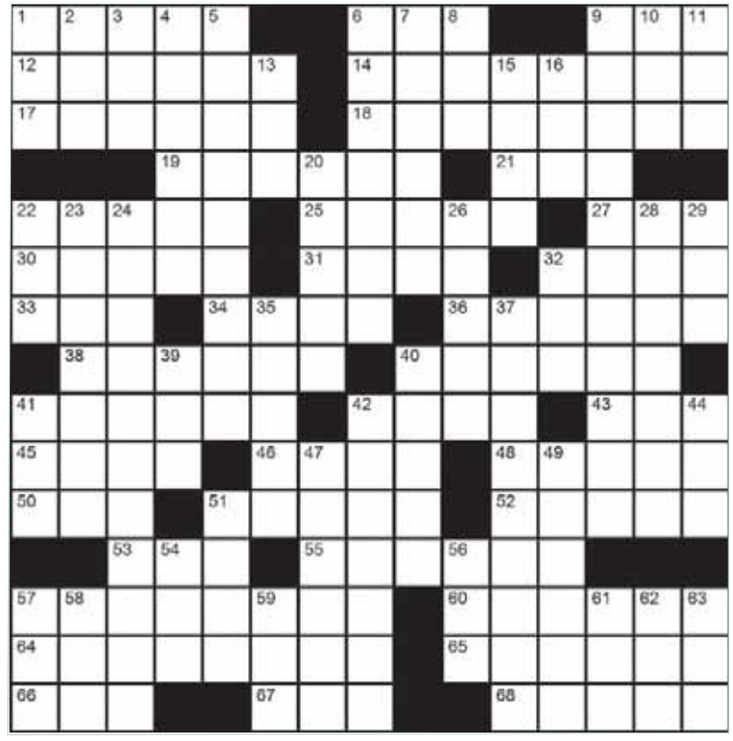
♐ Sagittarius
Nov. 23 - Dec. 21
You may have strong opinions about serious issues but you don't have to be aggressive about them. You will accomplish much more if you talk and act nice.

♑ Capricorn
Dec. 22 - Jan. 20
It may be true that much of what you do in life depends on other people, but there are still many things over which you have total control. Be positive and smile often.

♒ Aquarius
Jan. 21 - Feb. 19
You should be wonderfully happy today. This is one of the best times of the year for you but it won't last much longer, so cheer up and love your life.

♓ Pisces
Feb. 20 - March 20
Financial security may be uppermost in your mind but there are other things to consider, such as how much extra work you will have to do for that extra cash you need.

Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Classical composer, Louis __
6. Hesitant sounds
9. Literary fairy queen
12. "__ __ __ not..." - Hamlet
14. Baker's flaky creation: 2 wds.
17. Montreal retailer since 1866
18. The Band Perry tune that goes "We scratched our names in that oak tree..."
19. Ending
21. Edm. footballer
22. Greyish
25. Alpine dry wind
27. Poke fun
30. Stock
31. L'__-Verte, Que.
32. Road type
33. Equivalence
34. Desert-like
36. Ms Christie
38. Comedy's Allen
40. Air-passage surgery, briefly
41. Greek Myth: Winds god
42. Actual
43. Auction ware
45. Hip spelling for a hip chick
46. Ms. Brockovich
48. Bandleader Shaw
50. Winding shape
51. Clumsy
52. Hereditary social class
53. US airport screening org.
55. Postulates
57. Wins bigtime
60. Onion choppers
64. "Disco//Very" indie rockers from L.A.
65. Uncommon
66. 1913 song: "Peg _' __ Heart"
67. 'Sulf' suffix
68. Pond buildup

Down
1. Pou __ (Vantage point)
2. 1990s fad game disc
3. Kimono belt
4. Canadian actress Tricia
5. Calin __, Air Canada CEO
6. "__ __ & Personal"
7. 1963 Tommy Tucker tune: "__-__ Sneakers"
8. Splash! __ lion
9. The government overturned RCMP's decision to wear wool tuques instead of these in winter: 2 wds.
10. ___ rule (Most often)
11. Texter's "I meant to mention..."
13. Rembrandt van __ (Famous Dutch painter, variantly)
15. Hundred: Spanish
16. Clinic pros
20. Beatles: "So I lit ____ / Isn't it good / Norwegian wood."
22. Naja Haje
23. Pros who prep homes for showings
24. American __ __: Freak Show, on FX
26. Supremes' "I __ _ Symphony"
28. Acquire
29. Maude portrayer
32. Lake: French
35. Iron: German
37. Number Six was #4-Down's role on series Battlestar __
39. Entire
40. Camp abodes
41. Stone __
42. Retort
44. Golfing item
47. Atone
49. Prankster
51. Collector's suffix
54. Dinner, informally
56. Egos and __
57. "The Ring __"
58. Bash
59. Spy letters
61. Energy unit
62. TV brand
63. Determine

Friday's Crossword

Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

4		1				5		
	3	2		8	9	1		
	8		1		3		9	
2	1		3				5	
			8	2	7			
	6				1		2	7
	2		6		4		1	
		6	9	7		8	3	
		3				6		5

Friday's Sudoku

1	4	3	5	8	7	9	2	6
9	6	7	3	4	2	8	5	1
8	2	5	9	6	1	3	7	4
2	3	9	4	5	6	7	1	8
4	7	8	1	2	3	5	6	9
6	5	1	8	7	9	2	4	3
5	8	6	7	3	4	1	9	2
7	1	4	2	9	8	6	3	5
3	9	2	6	1	5	4	8	7

URGENT: EBOLA OUTBREAK

Prevention is the only way to save lives. Your help is needed to stop the spread of this highly contagious disease.

care OXFAM OXFAM Plan Save the Children
HUMANITARIAN COALITION
Together saving more lives

The cost of this ad has been generously donated by: metro

CRISIS ALERT: Donate online at together.ca or call 1-800-464-9154

CLASSES START MONTHLY.

SPROTT SHAW COLLEGE
SINCE 1903

INNOVATIVE BUSINESS PROGRAMS:

- MARKETING & SALES
- DIGITAL MARKETING
- EXECUTIVE OFFICE ADMINISTRATOR
- BUSINESS MANAGEMENT
- PARALEGAL
- LEGAL ADMINISTRATOR
- BOOKKEEPING & PAYROLL
- MEDICAL OFFICE ADMINISTRATOR

CALL **310.HIRE (4473)** OR VISIT **SPROTTSHAW.COM**